

stephaniedeo

*PORT
FOLIO*

Brand Design

beauty mantra

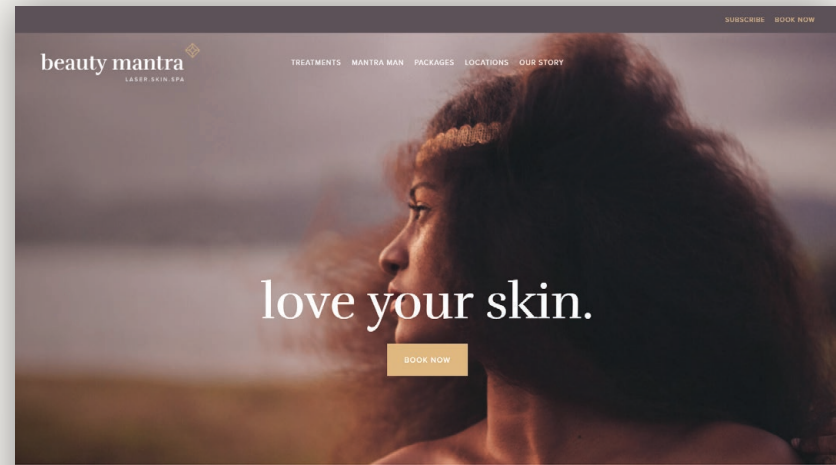
LASER.SKIN.SPA



beauty mantra
LASER.SKIN.SPA

Pratibha Singh
FOUNDER

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beautymantra.com.fj



beauty mantra
LASER.SKIN.SPA

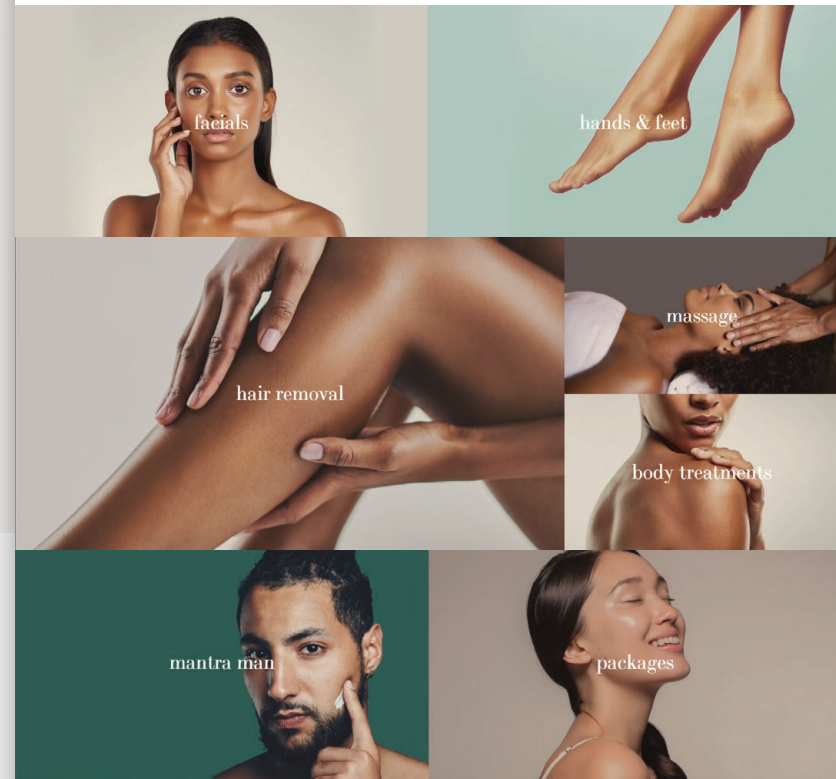
TREATMENTS MANTRA MAN PACKAGES LOCATIONS OUR STORY

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love your skin.

BOOK NOW

An exclusive spa experience using the latest technologies – dermal needling, medical grade laser and LED light therapy – to give you the skin that you deserve. Located in Suva.



facials

hands & feet

hair removal

massage

body treatments

mantra man

packages


Beauty Mantra

lolo


pediatric dentistry




Lolo Pediatric Dentistry



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- [our clinic](#)
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[follow us](#)  #WeDoItWithHeart



We do it with heart.

a pleasant experience for both you and your child.

Lolo Pediatric Dentistry welcomes families from the North Shore, Vancouver, Squamish, Whistler & the Sunshine Coast.

Lolo Pediatric Dentistry | North Vancouver

our philosophy

Caring, comfortable, and child-centered. This is the environment Lolo Pediatric Dentistry provides to give your child the dental care they need, while setting them up for a lifetime of good oral health. We understand that sometimes kids need a little more attention, especially when it comes to their teeth. Lolo Pediatric Dentistry provides a fun, friendly, child-centered environment, where both you and your child will feel at ease.


Our Services


Lolo Pediatric Dentistry | Meet the dentists

meet our team

Certified pediatric dentists, Dr. Zina Alkafaji and Dr. Shannon Munsie, along with the rest of the Lolo Pediatric Dentistry team are passionate about making sure your child's trip to the dentist is a fun and stress-free event. Our qualified and compassionate team works together to ensure families leave with healthy, happy smiles.

Our Team





fun facts with noah the narwhal

did you know that dental x-rays are safer than ever?

See how a dental x-ray compares in radiation levels to some daily activities:

- Eating 1 banana = 5 dental x-rays
- Everyday radiation = 50 dental x-rays
- A chest x-ray = 250 dental x-rays

call to book [604.770.0890](tel:604.770.0890)

Lolo Pediatric Dentistry

Children's dental located in North Vancouver, Lolo Pediatric Dentistry welcomes families from the North Shore, Vancouver, Squamish, Whistler and the Sunshine Coast.

Our Pediatric Team

contact

info@lolosmiles.ca
604.770.0890
119-252 W. Esplanade

latest blog post

• What is Silver Diamine Fluoride?




CRO


IMPROVEMENT SERVICES




CRO Improvement Services


CRO | IMPROVEMENT SERVICES

[BOOK YOUR FREE IN-HOME CONSULTATION](#)






DON'T MOVE. Improve.

Home renovation, restoration and remodelling expert. Let us do your dirty work.

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Specializing in:

- HOME REMODELS
- KITCHENS
- BATHROOMS
- BASEMENTS





Meet Wes

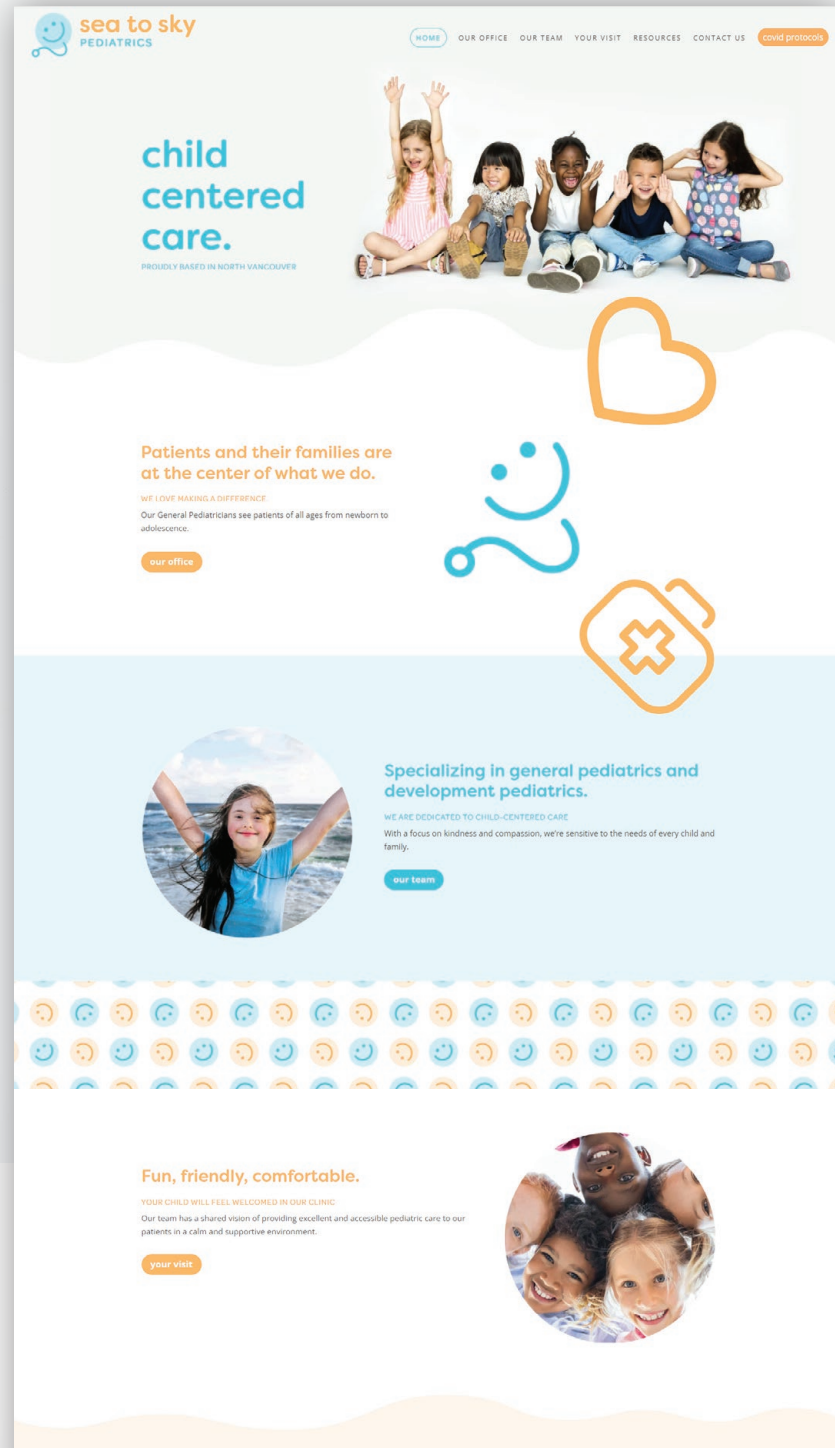
15 YEARS EXPERIENCE

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Sea to Sky Pediatrics





Bradley King

BK BRADLEY KING
ORGANIZATIONAL CHANGE

[SERVICES](#) [ABOUT](#) [CASE STUDIES](#) [BLOG](#) [CONTACT](#)

EVOLVE. ELEVATE. EMPOWER.

Your organization's success starts with the success of your people.

Inconsistent objectives without a common vision can mean breakdowns in communication and collaboration between siloed teams. Meanwhile, attempts to initiate change without proper planning can lead to overwhelmed employees, missed deadlines and inconsistent results.

Discover how to effectively empower every member of your organization to increase their efficiency and overall productivity for more measurable outcomes.

[LET'S TALK](#)

Collaborate More Effectively

AGILE EVOLUTION FOR TEAMS

Agile done well can deliver incredible business results and team engagement. Agile done poorly can be costly and demotivating. The Agile Evolution framework is for those who are looking for a pathway and program to rapidly build agile teams and increase business agility.

Agile Evolution is a framework that helps build and sustain agile teams across all business functions and will enable you to bring diverse members of your organization together to work in an agile way – whether they are just starting out or want to level up their agile maturity.

[LEARN MORE](#)

How it helps

- ✓ Improves team capabilities, speed and mindset with concrete guidelines to successfully meet business demands on time and without employee overload
- ✓ Increases productive collaboration with a system that enhances ways of working, while managing push-back and hesitancy
- ✓ Empowers leaders with predictability and control to make more confident business commitments.

Prioritize Your Steps to Success

CHANGE MANAGEMENT & CHANGE ADVISORY SERVICES

Design change strategies that work, while anticipating and avoiding bottlenecks before they occur with Change Management & Change Advisory Services. Proactively address changes that will impact your organization with a change management strategy and approach for your initiative that will help you make the case, build support, engage your workforce, drive adoption, and sustain the gains.

[LEARN MORE](#)

How it helps

- ✓ Optimize your ability to focus and prioritize needs for strategic changes that are critical to your organization's success
- ✓ Enables leaders to evaluate and visualize the impact of their changes to prevent bottlenecks and employee overload
- ✓ Facilitates more informed decisions with insight on what initiatives require more or less change leadership support

Clarity = Speed

DRIVE FOCUS WITH OBJECTIVES & KEY RESULTS

Connect functional or departmental performance objectives to your organization's business strategy with objectives & key results (OKR) coaching. Reap the benefits of measurable time and cost savings with a holistic strategy execution framework that aligns functional goals and targets so group efforts complement – not compete – with one another for execution excellence.

[LEARN MORE](#)

How it helps

- ✓ Creates transparency within your organization for faster decision-making and incentives aligned with performance results
- ✓ Improves cross-organizational collaboration by eroding silos and fostering a shared mindset with a common goal
- ✓ Clarifies what your business needs to focus on, eliminating activities that do not contribute to meaningful results

Web Design



Dr. Sara Norris, ND
NATUROPATHIC DOCTOR

HOME ABOUT WOMEN'S HEALTH SERVICES NEW PATIENTS SHOP BLOG PATIENT PORTAL BOOK APPOINTMENT

Naturopathic medicine for women's health

Holistic medical care for your menses (or lack thereof), hormone imbalances, brain fog, fatigue, skin and gut issues. All over the phone or video, co-managed with your existing healthcare team.

You deserve *more* expert treatments, beyond the gyno.

BOOK AN APPOINTMENT

Gynecological medicine is an integral part of your healthcare plan. But in order to effectively treat you for things like digestion, brain fog, depression, and anxiety—basically all the issues beyond just your heavy flow or painful cramps—you'll need to bring in a naturopathic doctor who specializes in Women's Health.

I will offer you a wealth of additional treatment options to explore through naturopathic medicine. Your endometriosis, your fatigue, your anxiety, your small uterine fibroids, your eczema, your digestive issues...

All of it is totally treatable.

Have you seen Dr. Norris at Paracelsus in the past? [CLICK HERE](#)

Endometriosis

My approach includes balancing your hormones, reducing inflammation, and getting down to the root causes.

[LEARN MORE](#)

PCOS

You CAN reverse and treat this syndrome naturally without the use of medications, like birth control and metformin.

[LEARN MORE](#)

Heavy/painful periods

Pain is not synonymous with being female. Your heavy & painful periods are BOTH treatable, naturally.

[LEARN MORE](#)

Gut health

Treat and eliminate gastrointestinal symptoms of excessive gas, bloating, burping, acid reflux, diarrhea, or constipation.

[LEARN MORE](#)

Menopause

Women seeking bioidentical hormones or more natural treatment options have come to the right place.

[LEARN MORE](#)

Skin health

Holistic treatments for acne, eczema, and psoriasis. A holistic, multi-faceted approach to all factors affecting your skin health.

[LEARN MORE](#)

Dr. Sara Norris, ND

No More Waiting for Your Naturopathic Medicine Appointment.

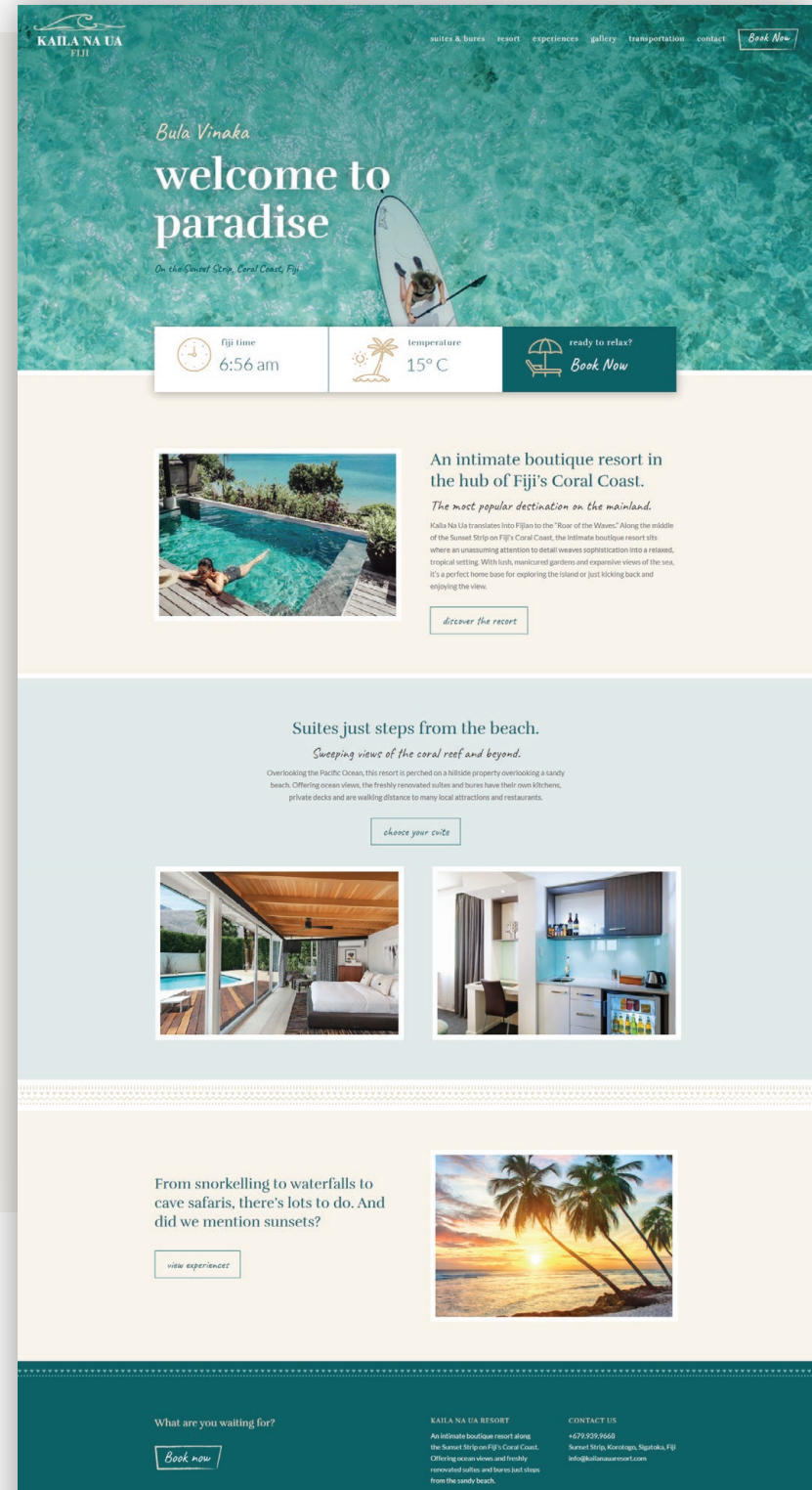
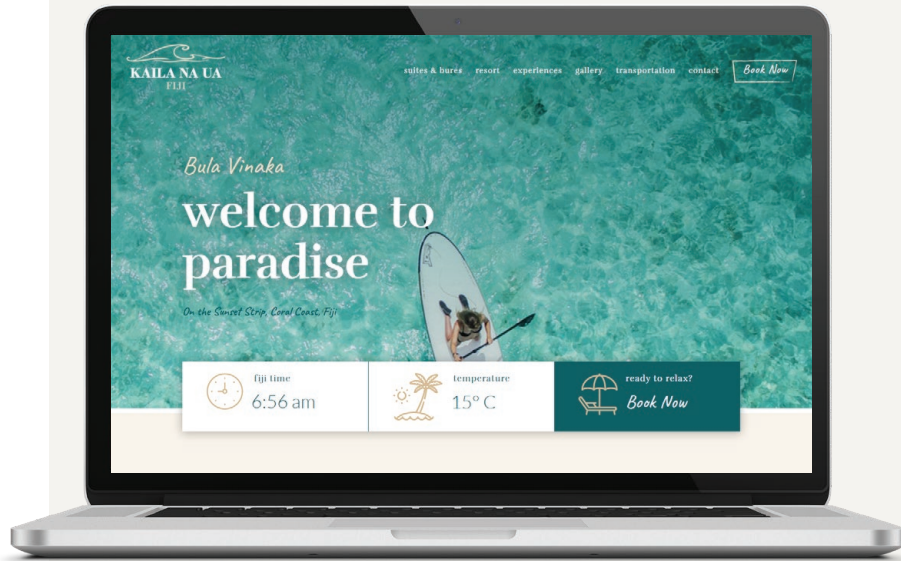
At the end of 2021, I decided to shift toward a telehealth-only medical practice. This means that all California residents now have access to a Naturopathic Doctor in Los Angeles, regardless of where you live in the state! (sorry non-Californians, only Cali residents for now).

A virtual doctor appointment means no more sitting in traffic to get to your appointment, no more waiting in a paper gown until your doctor shows up into the room an hour later; no more losing an entire afternoon for a 10-minute appointment. And no more waiting for months and months to start feeling better.

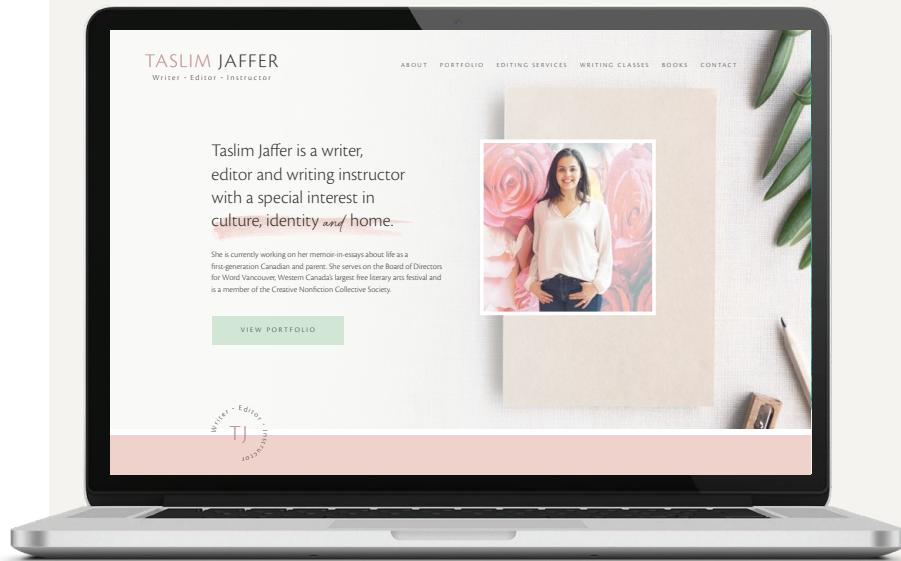
The use of telemedicine for medical care started for me with the COVID-19 pandemic, and it taught me that we can still connect effectively even when we are remote from one another. I trust your story and experience of your body and our discussion is enough to build a treatment plan, order labs and imaging as necessary, and manage your care when it comes to concerns of women's health. If we need someone hands-on for an exam you can see your insurance board primary care doctor or gynecologist and I will connect with them to co-manage your care, with your best interests in mind. Want me to order labs and imaging instead? Manage some of your medications? No problem. I can do that too.

Have more questions?

[CLICK TO CALL US FOR MORE INFORMATION](#)



Kaila Na Ua Resort



TASLIM JAFFER
Writer · Editor · Instructor

ABOUT PORTFOLIO EDITING SERVICES WRITING CLASSES BOOKS CONTACT

Taslim Jaffer is a writer,
editor and writing instructor
with a special interest in
culture, identity *and* home.

She is currently working on her memoir-in-essays about life as a first-generation Canadian and parent. She serves on the Board of Directors for Word Vancouver, Western Canada's largest free literary arts festival and is a member of the Creative Nonfiction Collective Society.



VIEW PORTFOLIO



Join me in a writing class.

Hone your creative writing skills or learn the therapeutic form of expressive writing.

WRITING CLASSES

Let's partner on your
writing project.

I can take you from idea development to polished pages.

EDITING SERVICES



Sign up for my newsletter

Are you interested in writing tips, prompts, book + article recommendations and info on upcoming workshops?

Sign up for my monthly newsletter, Writing With Taslim and receive *free* drop-in writing session!

SIGN UP

A favourite writing quote could go here.

AUTHOR'S NAME

TASLIM JAFFER
Writer · Editor · Instructor

 
caslimjaffer@yahoo.com

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Taslim Jaffer




Rajan Sami

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About



Rajan Sami is a Communications Specialist with over 20 years of proven international experience in New Zealand, Japan and France — in addition to direct on the ground experience in Fiji, Cook Islands, New Caledonia, Papua New Guinea, Samoa, Solomon Islands, Tuvalu and Vanuatu. His work combines communications best practices from media, journalism, and publishing; consumer brands and companies; and the sustainable development sector. Rajan is a recipient of the SPREP Award for Environmental Journalism.


Testimonials

“Brings creativity and originality to development topics.”


Pabalo Saeto, Council Executive Officer, Forum Fisheries Agency

Work


Climate Change




→ Helping Pacific Island countries cope with climate change




→ Skilling Pacific communities for resilience




→ Climate change vulnerability assessments for six Pacific Island countries



→ Food security and climate change in the Pacific










→ Fiji national climate change newsletter



→ Pacific actions on climate change and education

Clients

For communications support for your development project or program, email hello@rajan sami.com or fill out the form below.

Contact

Full Name

Organization

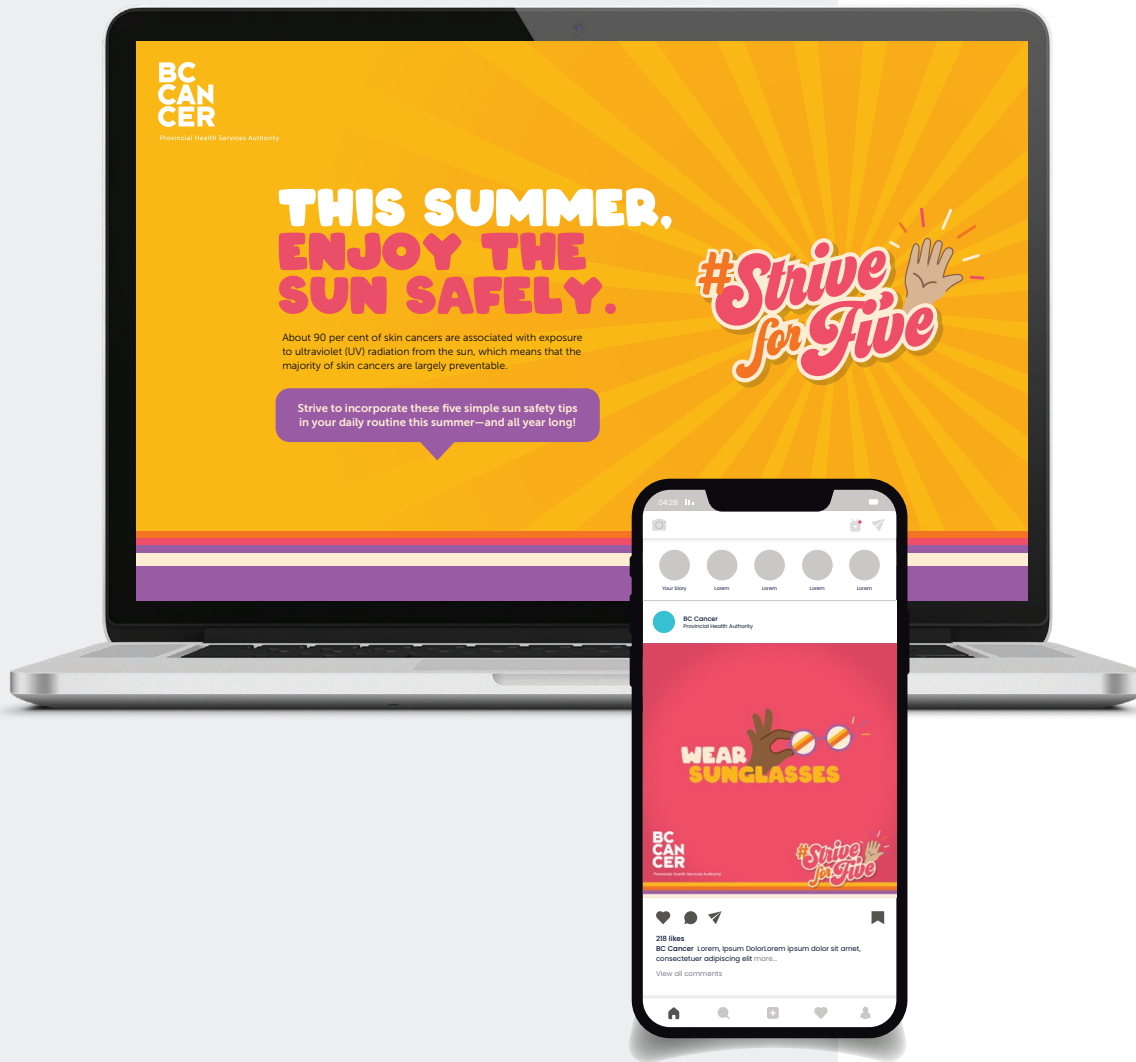
Email Address

Phone

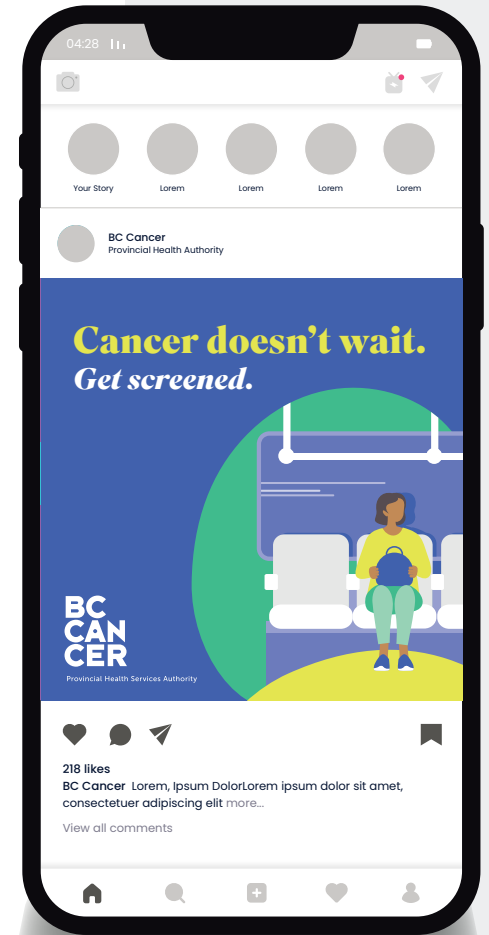
Message

Send

Digital Design



BC Cancer, #Strive for Five Campaign



BC Cancer, Cancer Doesn't Wait Campaign



Adobe XD Prototype, BCIT UX/UI Design Certificate project

CANCER IS THE **SECOND LEADING CAUSE OF DEATHS** IN CANADA.

1 IN 8 WOMEN WILL GET **BREAST CANCER**

3000 BRITISH COLUMBIANS ARE DIAGNOSED WITH COLON CANCER **EVERY DAY**

QUESTION OF THE MONTH

?

IF CERVICAL CANCER IS CAUGHT AT ITS EARLIEST STAGE, THE CHANCE OF SURVIVAL IS MORE THAN **85%**

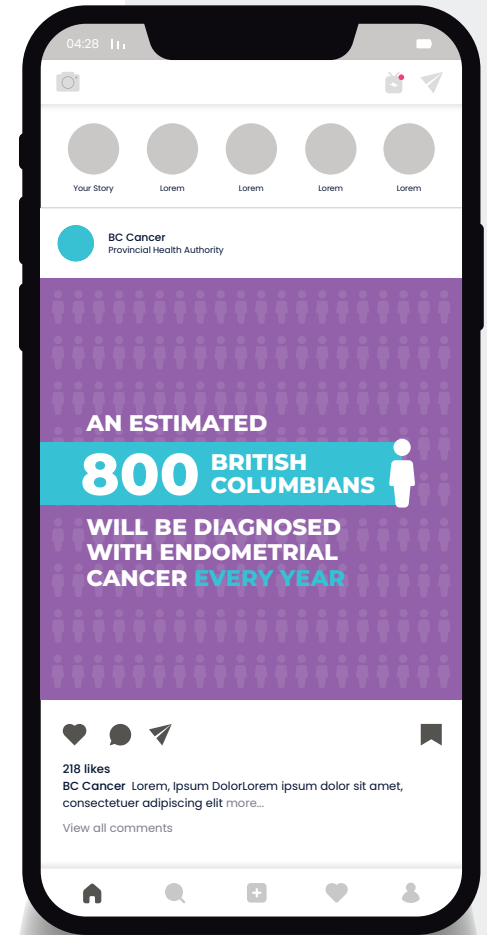
DR. YONG-HING
MEDICAL DIRECTOR OF BREAST IMAGING

SCREENING EVERY THREE YEARS CAN REDUCE YOUR RISK OF CERVICAL CANCER BY **70%**

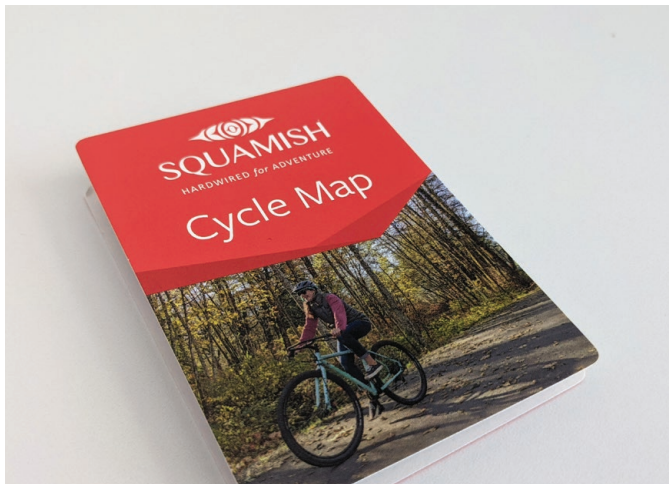
3000 BRITISH COLUMBIANS ARE DIAGNOSED WITH COLON CANCER **EVERY DAY**

TOBACCO

CANCER PREVENTION TIPS



*Print
Design*



District of Squamish, Folded Cycle Map



Tourism Squamish, Squamish Craft Tasting Trail Passport Booklet



2021 Donation & Transplant Highlights

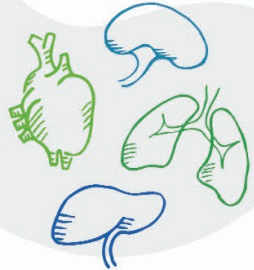
529
people received a transplant in 2021.



Thanks to the gifts of life from:

150
deceased donors.

75
living kidney donors.



22 heart transplants

340 kidney transplants

66 lung transplants

97 liver transplants

4 pancreas & multi-organ transplants

Hospitals referred potential donors **775 times**

5,721 transplant recipients receiving care in BC

1.57 million British Columbians have registered their organ donation decision

Record *Jan 1 - Dec 31, 2021

In another extraordinary year, healthcare teams across BC still put organ donation and transplant front and centre, supporting a record number of organ donors and transplant recipients.



Register as an organ donor at transplant.bc.ca



Facts on organ donation and transplant in BC.



Did you know?

- Your registration in BC Transplant's Organ Donor Registry is an official record of your decision on organ donation. If you aren't registered, your family will decide for you.
- You are more likely to need a transplant than you are to be an organ donor.
- One organ donor can save up to eight lives.
- Only about 1-2% of deaths in hospital occur in a way that allows for organs to be donated.
- To become an organ donor, a person must be in a hospital Intensive Care Unit and be on a ventilator.
- Donation is considered only after all life-saving efforts are made and it's certain a person will not survive.
- Two doctors, not involved in transplant, must declare death before organ donation can proceed.
- You may still be able to donate if you have a medical condition. Register your decision and the specialists will determine if you can.
- There is no age limit to register for organ donation. The oldest organ donor in Canada was 92 years old!
- Anyone can register their decision. If you are under 19 years old, your parents have to sign.
- You only need to register once.
- Once you've registered your decision, take the time to talk to your loved ones about your wishes.
- Not sure if you've registered? Verify online at transplant.bc.ca with your Personal Health Number.

"The fact that I can tell people that my son Daniel had signed his organ donation card and gave the gift of life to four people fills me with pride. Signing an organ donation card is the ultimate act of kindness."

Jill Martens, mom of an organ donor



#TakeTwoMinutes and save a life

Contact Us
info@bct.phsa.ca
1-800-663-6189 or 604-877-2240

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[@BC_Transplant](https://www.instagram.com/BC_Transplant)
[@BC_Transplant](https://www.tiktok.com/@BC_Transplant)



Register as an organ donor at transplant.bc.ca



BC Cancer, Camp Toolkit Booklet & Brochure