How to book in with Dr. Nykola at the Garrison Curling Club.

Availability is Mondays and Thursdays from 1:30 PM - 4:30 PM



Welcome to ProActive Health Group.

Walk-ins Welcome



At PHG, we employ a complete clinical approach providing lasting health improvements. We deliver unparalleled excellence in innovated and integrated health care. Supporting our patients to live active lifestyles is our top priority.















