



TOWN OF HARBOUR GRACE  
BUSINESS OF THE WEEK

# TERRI'S THERAPEUTIC MASSAGE

## BUSINESS PROFILE

Operated by Terri Rogers, **Terri's Therapeutic Massage** is a registered massage therapy business right here in Harbour Grace, on 21 Glover Rd.

Terri has been a registered massage therapist since 2009 and has fourteen years experience in the industry. Terri's Therapeutic Massage offers **direct billing** to insurance companies and takes client appointments from **Monday to Friday**.



**Massage therapy has many benefits.** If you were involved in a motor vehicle accident (MVA), workplace injury, or just interested in preventative therapy, Terri's Therapeutic Massage can help you! Research shows that massage therapy can reduce muscle tension, improve circulation, stimulate the lymphatic system, reduce stress hormones, help relaxation, improve skin tone, heighten mental alertness, improve recovery from soft tissue injuries, and reduce anxiety and depression.

# GET IN TOUCH!

To learn more about the benefits of massage therapy or to book an appointment, **reach out to Terri at (709) 589-5695 or (709) 596-8614.**

You can also email **terri\_sheppard@hotmail.com** and check her out on Facebook (search 'Terri's Therapeutic Massage'): **<https://www.facebook.com/Terris-Therapeutic-Massage-809839279129190>**.



## QUESTION & ANSWER

### TELL US A BIT ABOUT YOURSELF

**I'm Terri (Sheppard) Rogers.** I was born and raised here in the community, on the southside of Harbour Grace. I'm a registered massage therapist and have a reputation among clients for deep tissue massage. **I operate my clinic out of my home on 21 Glover Rd, Harbour Grace.**

### WHY HARBOUR GRACE?

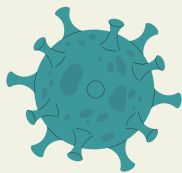
Well, funnily enough, I started in Carbonear. I ran a clinic for around two years there, operating out of the former Eden Studio on Powell Drive. However, that was only temporary: it was just a place to operate while getting things prepared for my home clinic. **Honestly, the main reason for 'Why Harbour Grace?' is that I'm from here and I want to be here;** I want my two boys to grow up here. It just made sense. The home clinic gives me some flexibility, too, but the main reason is that **Harbour Grace is home.** I love it here.

### WHAT ARE SOME OF THE CHALLENGES OPERATING IN HARBOUR GRACE?

We definitely **need to see the benefit of supporting local**, of supporting the people here. That's how we grow and move ahead; **that's a part of building community.** There's the traffic issue, too. Sometimes people don't know I'm here, because I'm off the beaten track on Glover Road. Overall, we need to improve infrastructure, because **better infrastructure will bring more investment.** But we'll get there, I think. I'm positive.



## HOW DID COVID-19 AFFECT OPERATIONS?



It was definitely a struggle. I mean, when things shutdown in March 2020, I **couldn't operate until June 2020**. And then there was the situation in February 2021. You're only getting revenue when people come in the door, and if people have to stay home, then you're not getting that revenue. People still have their concerns going out and about, coming for their sessions, and that's totally understandable. Unfortunately, I think we'll be dealing with this pandemic for a while yet.



## WHAT GETS YOU EXCITED ABOUT YOUR BUSINESS? WHAT INSPIRES YOU?

**I have a real connection to my work.**

Originally, it goes back to when I was injured in an accident. My registered massage therapist helped me so much in my recovery and management of that injury. I was in school at the time, unsure about what I wanted to do, and **I really wanted to help people**. I figured massage therapy would be a great opportunity to do just that. Again, I could see the real benefit of the work, because massage therapy helped me so much. So, **I can really put myself in my clients' shoes** and that really inspires my work and my business.

## PLANS FOR THE FUTURE?

Just to grow my base of clients. I have a good group of regular clients, but **I'm always looking for more people**. I'm the sole employee, and I realistically don't see that changing, but **there's lots of opportunity to grow here in the community**.

## WANT YOUR BUSINESS FEATURED?

If you want to be featured as our 'Business of the Week', contact Matthew at (709) 596-3631 ext. 4, or email [matthewmccarthy@hrgrace.ca](mailto:matthewmccarthy@hrgrace.ca).



*Terri's Therapeutic Massage*

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