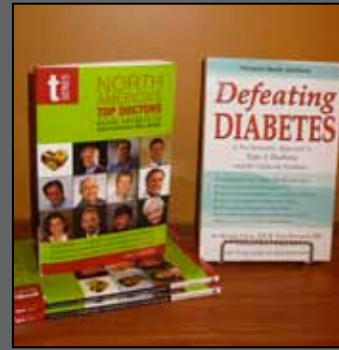


## The Practice

Set in a lovely nearly 4,000-square-foot common area, Fresh Medical Spa, Fresh Yoga, and the Barnard Wellness Centre provide a unique and tranquil rejuvenation facility adjacent to a bustling, multi-faceted jewel of a medical practice. People of all ages come to be understood, to be cared for and ultimately to find healing here.

Beauty comes as the outer expression of the balance of nutritional and hormonal strategies designed uniquely for every client, as well as the culmination of treatment modalities offered at Fresh Medical and the Wellness facility.

The expertly trained staff is chosen for their competence, but above all for their compassion and supportive demeanor. They have an enthusiasm for their work born out of a real desire to serve their clients. Our technical expertise goes far beyond the usual laser technologies and delves into the true anti-aging and rejuvenation of the skin and the realignment of the individual physiology to achieve a maximum goal of living longer, better.



## Degrees

- M.D., University of Rochester School of Medicine
- B.A., Cornell University

## Residency Training

- Family Medicine and Emergency Medicine, Rutgers University Medical School, New Jersey

## Board Certifications

- American Board of Anti-Aging and Regenerative Medicine
- American Board of Laser Surgery
- American Board of Family Practice

## Additional Training

- Graduate of Fellowship, Anti-Aging, Functional and Regenerative Medicine, American Academy of Anti-Aging Medicine
- Trained at Ageless Aesthetic Institute, Aventura, FL
- Certificate of Special Qualifications in Geriatrics, American College of Family Physicians
- Certificate, College of Family Physicians of Canada, Family and Emergency Medicine

## Affiliations

- American Academy of Anti-Aging Medicine
- Fellow, Baycrest Centre for Geriatrics
- Clinical Adjunct Professor in Family Medicine, University of Western Ontario
- Adjunct Professor of Human Biology and Nutritional Sciences, University of Guelph, Ontario

### OLD YOU

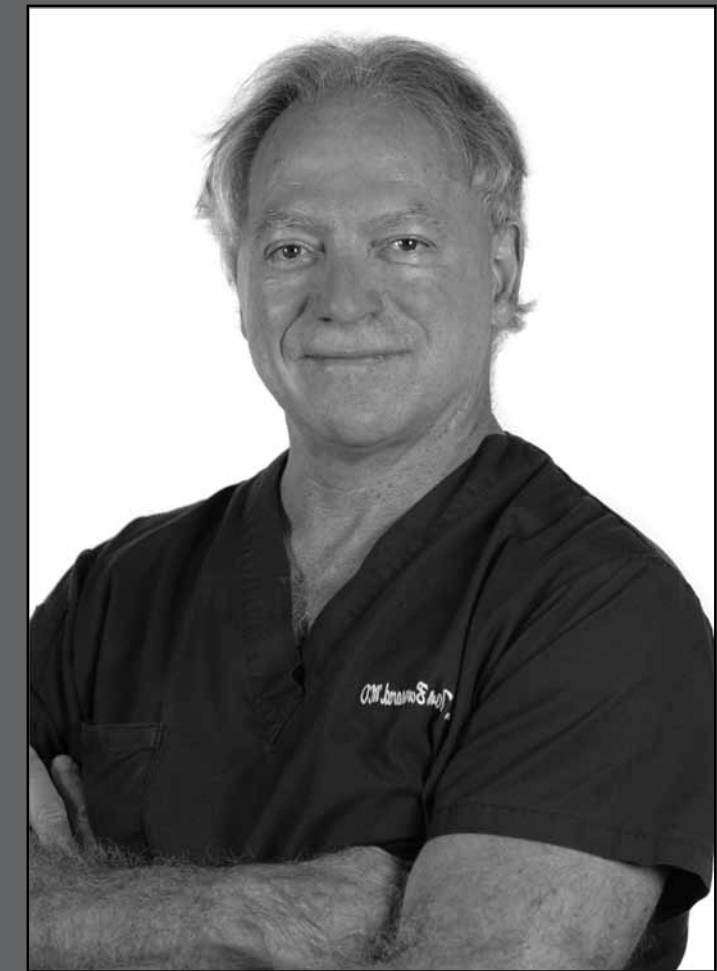


### NEW YOU



*“A lifetime of professional development and wisdom has led me to this simple phrase: ‘Good Food, Good Exercise, Be Calm, and Be Kind!’ It is a statement that guides every strategy I use to help my clients achieve their maximum potential.”*

Tom Barnard, M.D.



## TREATMENTS

- Anti-Aging Skin Rejuvenation
- Iellios: the Facelift Alternative
- Botox and Fillers
- Nanocurrent Body Sculpting
- Specialized in Nano/Pico Current Technology
- Arasys/Ion Magnum: Permanent Inch Loss and Muscle Building System
- Bio-Identical Hormone Replacement
- Osteoporosis and Osteopenia Therapy
- Life Extension Programs
- Dietary and Supplement Recommendations
- Weight Management
- Infrared Healing Therapy with BioMat
- Laser Hair Removal
- Yoga

## Location

Fresh Medical Spa  
2430 Dougall Ave  
Windsor, Ontario, N8X 1T2, Canada  
(519) 967-1329  
10 minutes from the Windsor-Detroit Border Crossing!

## Email and Websites

freshmedicalspa@mdirect.net  
www.freshmedicalspa.com  
www.freshyoga.ca



Tom Barnard, M.D.

Anti-Aging  
Medicine