



WINTER
NEWSLETTER

WELCOME TO HEARVANA AUDIOLOGY!

We're excited to introduce **Hearvana Audiology**, a newly opened hearing clinic proudly serving our local community. Led by **Tamar, Audiologist**, Hearvana Audiology is here to make hearing care feel comfortable, supportive, and truly personalized, because every patient's needs are unique.

We also provide support for those experiencing concerns related to balance, dizziness, or changes in hearing over time.

Our clinic offers a full range of services, including:

-  **Hearing Aid Evaluations**
-  **Custom Ear Plugs**
-  **Ear Wax Removal**



Tamar Nosovsky
Audiologist

One of the things that makes Hearvana Audiology unique is our ability to offer **home visits**, making it easier for individuals and families to access professional care in a setting that feels familiar and convenient. Our mobile services are available **across the GTA**, so you can receive expert support wherever you feel most comfortable. Tamar is here to provide professional support and ongoing care. To book an appointment, give us a call at **647-872-6040**.

We also welcome you to visit our clinic at #19 – 1118 Centre St, Thornhill. As a delightful bonus, we're located in the same plaza as Lumiere Patisserie, a highly rated bakery and café, the perfect local treat to enjoy before or after your appointment!

DID YOU KNOW?

HEARING, BRAIN & BALANCE: IT'S ALL CONNECTED

Hearing loss isn't just about your ears, it can have a broader impact on your overall health, including how your brain functions and how well you stay balanced. In fact, research shows that hearing loss is the #1 modifiable risk factor for dementia, meaning that taking care of your hearing may help protect your memory and thinking abilities as you age. Treating hearing loss - especially with hearing aids, has also been linked to reduced risk of cognitive decline and improved quality of life.

Your ears also play a vital role in keeping you steady on your feet. Many people with hearing loss experience dizziness, unsteadiness, or vertigo, particularly later in life. Balance issues connected to inner ear problems are one of the leading causes of falls among older adults. If you've been feeling lightheaded or off-balance, it could be related to your hearing, and we're here to help you find answers and feel your best.



Take the first step for your hearing, call us at **647-872-6040** to book your **FREE Hearing Test** today!

FLAVORFUL & COMFORTING RECIPE

SHAKSHUKA

INGREDIENTS:

2 tbsp olive oil
1 small onion, chopped
1 red bell pepper, diced
2-3 cloves garlic, minced
1 tsp paprika
1 tsp ground cumin
1/4 tsp chili flakes (optional)
1 can (28 oz) crushed tomatoes
Salt and pepper to taste
4-6 large eggs
Fresh parsley or cilantro, chopped (for garnish)

INSTRUCTIONS:

- 1 Sauté:** Heat olive oil in a large skillet over medium heat. Cook onion and red pepper until softened, about 5-7 minutes. Add garlic and cook for another minute.
- 2 Season:** Stir in paprika, cumin, and chili flakes. Add crushed tomatoes, season with salt and pepper, and simmer for 10-15 minutes until slightly thickened.
- 3 Add Eggs:** Using a spoon, create small wells in the sauce. Crack an egg into each well.
- 4 Cook:** Cover and cook on low until eggs are set to your liking, about 5-8 minutes.
- 5 Serve:** Garnish with fresh herbs and feta, if desired. Serve warm with crusty bread for dipping.



Source: [Best Shakshuka Recipe - Delish](#)