

NEW SERVICES

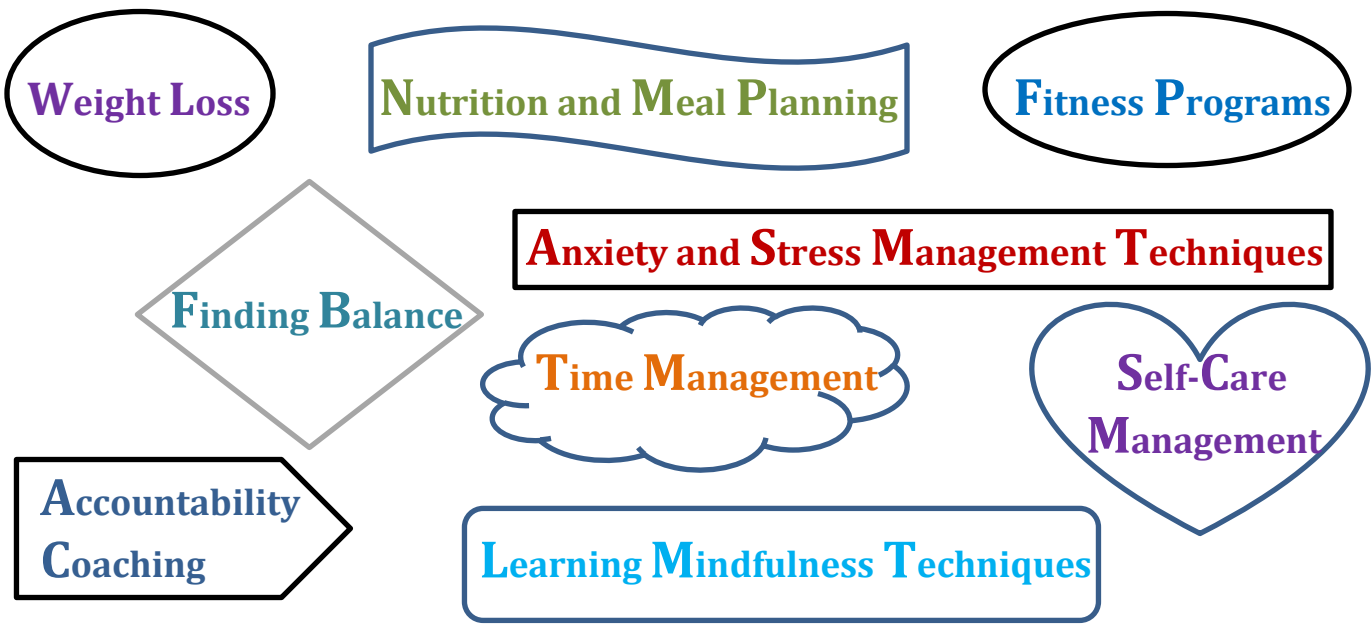


Victoria Muir-Burcea

Victoria has over 20 years of experience in the Wellness & Recreation field. She is a certified Life Coach, Nutrition & Wellness Specialist and Personal Trainer.

Victoria has won multiple awards and industry recognition for her innovative approaches to creating healthy lifestyle solutions. In 2008 Victoria won the prestigious *Award for Innovation* from the Ministry of Health Promotion work on the *Prescription for Physical Activity Project* and the same award in 2012 for her work on the *Investing In Families Project*.

Health & Wellness Coaching ...Customized for Your Unique Needs



Rates:

Individual Assessment (60-90 minutes)	\$110.00
Subsequent Individual Sessions (30-45 minutes)	\$ 70.00
Group Session (2-4 people, 60 minutes)	\$160.00

Small group coaching 2 - 4 people with same goals (ie. Weight Loss. Cost share with some friends)

BOOK YOUR APPOINTMENT AT RECEPTION

933 Webber Avenue, Peterborough, ON K9J 5X9