



IKIER WELLNESS

Osteofitness and Massage Therapy

Osteofitness™ for OSTEOPOROSIS

Osteofitness builds bone

Osteofitness™ produces positive outcomes

Osteofitness reduces fracture risk immediately

Ikier Wellness Center also offers muscular therapy for muscular skeletal pain and misalignment

Free 30-minute consult
phone for an appointment

One pre-recorded video
available each session



Board-Certified muscular therapist and Bodyworker.
Certified personal trainer
Held RN registration in Canada, UK and Vermont USA
Certified with Arthritis Foundation
Trained with Miriam Nelson, the author of *Strong Women Stay Young*.
Ran two successful programs, Osteofitness and Muscular Therapies at Emerson Hospital's Steinberg Wellness Center



Osteofitness™ Spring 2022 Schedule:
Tuesdays & Thursdays
11am Zoom class
4pm Zoom class

Live class- limited availability
Classes begin on March 10th and end May 3rd. Cost is \$352, which includes 16 classes, a free consultation to discuss bone scans, osteoporosis-friendly recipes, and a monthly newsletter. Please contact Ikier to register. Hope to see you in the upcoming session!

Massage Therapy Rates:
\$125 for one, 60-minute muscular therapy session
\$395 for four, 60-minute muscular therapy sessions
\$735 for eight, 60-minute muscular therapy sessions

Clients are seen between 9am-6pm on Tuesdays through Fridays. Appointments are booked in advance; walk-ins are not available. Please contact Ikier to book an appointment.

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