

**Betty C, 64, Concord and Cape Cod - 1 year client**

My Satin Wellness Specialist has been a great guide to my over-all wellness. She has helped my overcome many injuries and kept me on track to complete my goal of walking for 2000 straight days! Yes, that is 2000!

I marvel at the exercises and continuously challenging program that she has instituted. The Strength to Live program really does work. To be able to focus on strength, flexibility, strength and nutritional components have been perfect and fit into my busy lifestyle. I really appreciate her help.



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