

**CJ., 25, Boston, New York & Falmouth, MA - Former Brown University Woman's Hockey and Lacrosse Team**

“Satin Wellness developed a program specifically for my capabilities and my goals. Due to their unparalleled knowledge, I overcame my injuries and returned to Brown much stronger and quicker than ever before”.

I have been taught by some of the most elite athletic trainers in the collegiate world as well as at the U.S. National team and Olympic levels. I have excelled at Division I Ice Hockey and Lacrosse for Brown University for four years. I have been selected to numerous U.S. Ice Hockey National Team training and development programs. I was always extremely apprehensive about letting others tell me what to do in the weight room. I was convinced that I knew what was best for me. I met my Satin Wellness Specialist the summer before my sophomore year of college. I told him my goal was to become a stronger and faster athlete. I also wanted to rebuild my atrophied leg muscles from a prior ACL knee surgery and alleviate neck and back problems that I had been struggling with for years. Never before in my life have I developed such a bond with a trainer. He improved my work ethic and provided me with the confidence I needed. I immediately benefited from your **Strength to Live** exercises. Since then, I have been one of the leading point scorer's on my team, a captain for two consecutive years, and injury free! I believe that you have the capability to relate to each and every client regardless of age or ability. I have witnessed his work with others and am amazed at his client's consistencies to achieve results. Your program worked for me, and I am confident it will do the same for you!”



**Boston Area**

8 Fanueil Hall Marketplace  
Boston, MA 02109

**Metro West**

P.O. Box 712  
Carlisle, MA 01741

**Cape Cod**

P.O. Box 1140  
Mashpee, MA 02649

Office - 978-369-3492  
Toll Free - 877-728-4634

Email: [info@SatinWellness.com](mailto:info@SatinWellness.com)  
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