

**Rebecca A., 26 years old, New York and Cape Cod**

“As a teenage athlete, I have worked with many trainers, coaches, and pros in my time; many of these people have been nationally recognized in their respective fields. Yet, none of these people affected my life as profoundly as you have.

You taught me everything I needed to begin a rigorous training program. I also suffered from acute laziness and you inspired me with motivation.

The only way to express my appreciation for what you have taught me is to continue the life-style of exercise and wellness. See you for next years Falmouth Road Race.”



**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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