



ADVANCED
PRIMARY CARE

KINESIOLOGY WEEK

JUNE 1 - JUNE 8, 2024



Helena Ritchie, Kinesiologist

- Initial Assessment (60 Minutes) \$ 125.00 + GST
- Follow Up (60 Minutes) \$90.00 + GST

Benefits

- Lifestyle Improvement
- Cardiorespiratory Fitness
- Health Promotion
- Improve Wellbeing
- Improve Sleep and Energy
- Chronic Disease Management
- Injury Prevention and Rehabilitation
- Increase Strength and Mobility and Enhancing Performance

Call us at 403-375-8900 to book!

www.advancedprimarycare.ca