

BOOST YOUR HEALTH WELLNESS CENTER

WELLNESS • HEALING • GROWTH

*Helping You Create Balance, Wellness
& Lasting Positive Change*

OUR SERVICES



YOGA & MEDITATION

- Hatha Yoga
- Chair Yoga
- Guided Meditation Classes
- Therapy Sound Sessions with Singing Bowls



HOLISTIC HEALING

- Reiki Treatments & Certification Training
- Black Pearl Treatments & Certification Training
- Chakra Cleansing & Balancing
- Indian Head Massage
- Ear Candling



PERSONAL GROWTH & WELLNESS

- Life Skills Coaching
- Motivational Workshops
- Emotional Wellness Programs
- Mindfulness & Self-Care Practices



CREATIVE EXPRESSION

- Art Classes
- Pottery Classes
- Wellness Through Creativity



PERSONALIZED EXPERIENCES

- Day Retreats & Spa Days
- Private Wellness Sessions
- Customized Wellness Packages
- Women's Retreats & Healing Circles



WHY CHOOSE BOOST YOUR HEALTH?

At Boost Your Health Wellness Center, we provide a welcoming space where you can relax, recharge, heal, and reconnect with yourself.

Whether you are seeking physical wellness, emotional healing, spiritual growth, or simply time to nurture yourself, we are here to support your journey.



A Gift for You

Invest in your well-being.
Create balance.
Find peace.
Live your best life.



JOIN US AND FEEL THE DIFFERENCE IT CAN MAKE IN YOUR LIFE



Boost Your Health

*Helping you make positive
life choices & lasting change*

♥ Together we GOD this ♥

Lisa Ellis

The Passion Lady

♥ Together we GOD this ♥



905-701-9518



www.boostyourhealth.ca



Boost Your Health Wellness Center



*Serving our community with love
and compassion*

*With Love,
Lisa Ellis*

