# PENNY DEJAGER

# Certified Holistic Nutrition Coach

## **WORK EXPERIENCE**

#### **ROOTOLOGY WELLNESS**

BPE, RMT, CHNC, METABOLIC BALANCE COACH 2018-PRESENT

- Founder of Rootology Wellness Therapy
- Virtual and In-Person Nutrition Coaching
- Use the Metabolic Balance Program for clients
- Provide ongoing education and tools for clients
- Speak at workshops, webinars and conferences

#### **ROOTOLOGY WELLNESS THERAPY**

REGISTERED MASSAGE THERAPIST 2011–2021

- Provided home-based and mobile massage therapy to clients in and around Calgary
- Assisted with practical exams at MH Vicars School of Massage Therapy
- Contractor with Tru Therapeutics and Mount Royal Health Center

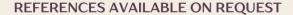
#### ADJUST YOUR HEALTH CALGARY

2015-2017

- Part of a multidisciplinary team of professional practitioners (Chiro, ND, Acupuncture, Physio)
- Provided therapeutic massage therapy to clients
- Delivered educational sessions for clients

### PROFESSIONAL ASSOCIATIONS

- · Canadian School Of Natural Nutrition Alumni
- Massage Therapy Association of Alberta
- Professional Liability Coverage





I am a Certified Holistic Nutrition Coach and Metabolic Balance Coach. I support clients through a personalized nutrition and lifestyle plan designed to help them achieve optimal health. I get to the root cause of health issues not just treat symptoms.

#### **CONTACT**

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#### **EXPERTISE**

- Nutrition Counselling
- Supplement Recommendations
- Holistic Lifestyle Recommendations
- Strength/Stretch Recommendations
- Stress Management
- Metabolic Balance
- Perimenopause/Menopause
- Weight Management

# **QUALIFICATIONS**

- Bachelor's Degree in Kinesiology
- Diploma in Massage Therapy
- Diploma in Natural Nutrition
- Certified Metabolic Balance Coach in Canada and USA

#### **SPECIAL SKILLS**

- Speaker at conferences, workshops webinars, retreats and events
- Program development
- Event Planning