

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

REFERENCES AVAILABLE ON REQUEST



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

penny@rootologywellnesstherapy.com
www.rootologywellnesstherapy.com
403-819-1111

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