



scenar health
canada

Optimum Wellbeing RESIDENTIAL PROGRAM 2011 ROSSLAND BC



A TYPICAL DAY

- Breakfast
- Hike/ski/yoga
- **Scenar®** treatment
 - Free time
 - Lunch
 - Activity
- Optional treatments
 - Dinner

You are invited to spend time in the unique environment of Rossland to focus and enhance your health.

A **Scenar®** Practitioner can work on your acute/chronic injury/illness or maybe a wellness program with daily **Scenar®** treatments. The Residential Program provides the unique opportunity to heal, rejuvenate, eat good food, relax and exercise.

Optimum Wellbeing Package 2, 3 & 5 night stay

- Airport Transfers from Castlegar or Trail Airport
 - Accommodation
- Daily **Scenar®** Treatments
 - Exercise Program
 - Spa Treatments
 - Or simply relax

Rossland is the hub for **Scenar®** therapy in Canada, as well as four season adventure town with world class Red Mountain Resort, Redstone Golf Resort, mountain biking, snow shoeing, horseback riding, yoga and many other outdoor pursuits. There are an abundance of activities available if partners/family/friends want to be a part of your getaway. Friendly people and clean clear air.

We look forward to personalizing your Optimum Wellbeing Package—please send us an email with a brief description of your requirements, we will respond with a personalized quotation detailing all inclusions within 48 hours.

