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COVID update: My Wellness Solutions has updated their hours and services. 1 review of My Wellness Solutions "I have worked with Colene since November 2019. First she did an evaluation and helped me set fitness goals. I

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can say I am stronger  
and seeing the results of  
my goals. She is  
positive, encouraging  
and very knowledgeable  
of all things fitness.

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About My Wellness

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healers at My Wellness



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