

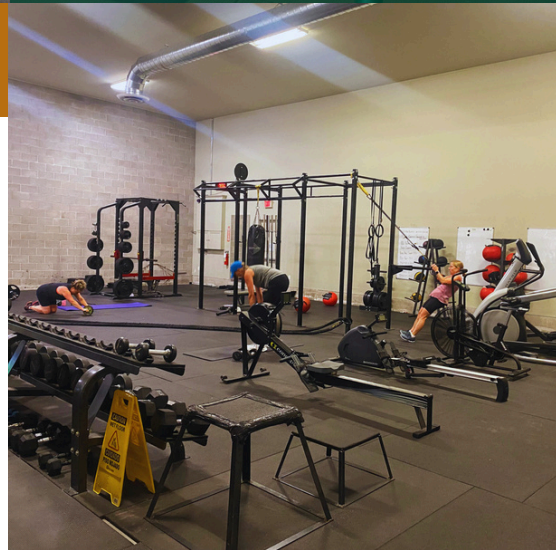


**LIVE WELL  
4 LIFE**



# LIVE WELL 4 LIFE

## Stronger Together



LiveWell4Life is a community driven business located in the heart of West Perth (Mitchell). Since opening its doors in 2013, after years of offering fitness activities in the community, LiveWell4Life has become a hub for health, fitness and community connection.

Founded by Jen & AJ Moses, the business began with a vision to support local families in living healthier, more balanced lives and has since grown into a 7,000 sq ft wellness centre offering a wide range of services under one roof.

LiveWell4life is known for its welcoming, 24 hour access fitness club and vibrant group fitness and training programs. Beyond fitness, the LiveWell4Life Therapy Centre offers chiropractic care & registered massage therapy. These services are delivered by registered professionals that work together as a team to help clients with recovery and preventative care.

LiveWell4Life is also deeply rooted in community engagement. The team runs youth and adult recreation programs, coordinates sport specific training, and some programs are in partnership with the Municipality of West Perth to provide inclusive, affordable and active movement opportunities.

From wellness to movement to healing and nutrition, LiveWell4Life supports every step of your health journey. Whether you're training for a sport, recovering from injury, or simply looking to stay active and connected, their team is committed to helping you "Live your Best Life" - physically, mentally and socially.

3878 Wellington St,  
Mitchell, ON N0K 1N0  
(519) 348-4600  
Website: [LiveWell4Lifeinc.com](http://LiveWell4Lifeinc.com)  
Facebook: [LiveWell4Life](https://www.facebook.com/LiveWell4Life)  
Instagram: [LiveWell4Life](https://www.instagram.com/LiveWell4Life)

