

Exercises For Injuries VIP Coaching



With your purchase, you receive instant access to our Secret Facebook community. Rick Kaselj and friends of Exercises for Injuries will be answering questions throughout this program via a secret Facebook group. Please join us on Facebook today. This will be the central place where you can ask questions, talk to others, and get advice. Remember, peer support is a HUGE success factor when it comes to reaching your goals so do NOT miss this. **Here's how to join:**

1. Login to Facebook and search for “Anna Marie Igoy” who lives in Surrey, British Columbia or go to this link <https://www.facebook.com/profile.php?id=100007879848212> .

Her profile image looks like this:



Anna Marie Igoy

2. Request that you be friends with Anna Marie Igoy by selecting the, “Add Friend” button at the top right of her profile.

3. When Exercises For Injuries has received your friend request, you will be accepted and included as a member of the Exercises For Injuries Secret Facebook group. From here, you can ask your questions and participate with hundreds of others going through the program. Please do give us up to 2 business days to approve your friend request and add you to the Facebook group.

This video will help explain things in greater detail: <https://www.youtube.com/watch?v=2fV3eJHCIWc>

If you have any questions about this process or need help getting set up on Facebook, email us at support@ExercisesForInjuries.com with the link to your Facebook profile and we'll get you set up right away.