

Our Team

HELEN PASTRIKAKIS

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Occupation: Office Manager, Markham

About Me: I enjoy spending time outdoors and believe that being active in life is very important to our physical and mental wellness.

Special Interests: Helen enjoys helping people and making them feel welcome by creating a comfortable, safe and relaxed environment. She has over 20 years experience with customer service and has a keen interest in health and wellness. In her spare time, she enjoys going for walks, bike rides, reading and traveling. When not outside she likes to attend concerts, theatre and entertain!