



WINNIPEG CONSUMERS MEET WITH...

CARLA FOLEY *from*
ADVANCED MASSAGE THERAPY

Advanced Massage Therapy is a 3 time Consumer Choice Award winner in the category of *Massage Therapy*. In business since 2005, the business is celebrating 12 years of success in the Winnipeg region.



WHAT IS THE BIGGEST RISK YOU HAVE EVER TAKEN IN BUSINESS?

Taking the leap in terms of opening and trying to staff a second location was a risk, but I have no regrets because I was able to expand my beautiful team and bring in new treatments. It was a risk WORTH taking!

WHAT DOES IT MEAN FOR YOUR COMPANY TO BE VOTED BY CONSUMERS AS YOUR CITY'S BEST?

We are lucky to live in this amazing city, and we are just so honoured to be recognized as the leader in our Industry. Being a small, local business garnering this level of support means the world to us, and we will pay it forward into our community 10 fold!

WHAT SETS YOU APART FROM YOUR COMPETITORS?

Our passion and our teamwork is like nothing I have ever seen before. We truly strive to learn more, be better and support other local small business within our community.

HOW WILL WINNING THIS AWARD AFFECT THE WORK YOU DO MOVING FORWARD?

It only makes us want to continue the good work we are doing, and really prove that we deserve to hold this title, all while supporting others in business and in our community.

BUSINESSWISE, WHAT IS YOUR NEXT BIG STEP?

Right now I want to mentor as many new therapists as I can. I want to expand my amazing team. The future is bright for Advanced Massage!!

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BUSINESS MOTTO

Love Local, Support Local!

WHAT I LIKE MOST ABOUT MY JOB

Mentoring young people who have an interest in learning.

RECENTLY I'VE LEARNED

Making mistakes leads to better future outcomes!

BIGGEST SUCCESS

Last year I had the opportunity to face the Dragons on CBC Dragons Den! It was an incredible confidence builder! Slay dragons, Slay goals!!

DAILY, I TRY TO

Support another local business in my community.

IN MY IPOD YOU WILL FIND:

Some of the songs my parents used to listen to because it makes me remember them (they are passed) and I wish they could see me now!!

DURING MY SPARE TIME I LIKE TO

Date night with my Irish Husband. Winnipeg has an amazing selection of Kraft beer!! :)