



SARAH-JANE GLOVER

AKA. SARAH, SEH.

PARTNER BIOKINETICIST

ABOUT ME

I am a senior partner at SA Biokinetics with 9 years of work experience.

I am proudly the first-ever SABio team member, having joined in 2013.

I am a small-town girl originally from Howick in the KZN, Midlands.




I am passionate about leading a healthy lifestyle and encourage my patients to do the same through daily movement, and choices that promote longevity.

Although I am experienced in treating all types of patients, I believe that my nurturing personality is well suited to working with elderly clients and special populations

EDUCATION

-  BA Sport Science (US)
-  B Biokinetics (UKZN)
-  Sports Massage
-  Pilates (Trifocus)

UNIQUE INTERESTS & SKILLS

-  Special Populations.
-  Elderly patients.
-  General Lifestyle health and wellness.

MOTTO

If you do not make time for your wellness, you will be forced to time for your illness.

