



**Company Name**

Sila Performance

**City**

Jacksonville

**State**

FL

**Contact Name (First and Last)**

Amber Shields

**Email**

[coach@movewithsila.com](mailto:coach@movewithsila.com)

**Phone**

(904) 915-9594

**Website**

[www.movewithsila.com](http://www.movewithsila.com)

**Do you have a UF Supplier ID?**

No

**Is the owner a UF alum?**

No

**General Description of Services**

- Personal and Domestic Services