



a HealthyNS Program

FREE Online Class Beginner's Guide to Strengthening (2 week lunchtime series)

Do you want to improve your strength but are not sure where to start? This session will teach you safe ways to do strengthening exercises, use different types of equipment and how to progress with these exercises on your own. You will NOT be exercising in this session.

Sign up today:

Visit: www.healthyNS.ca
or Click Here



SCAN HERE
to register

