



AGE WELL PROGRAM

Starts Monday April 8th

2 pm to 3 pm

8 Week program

*Led by Certified Personal Trainer
and Qigong (Taichi) Instructor*

Paulette Haines

Over the 8 weeks you will learn simple ways to improve your balance, strength, flexibility and cardio health. There will also be talks on mental health and goal setting with a weekly activity plan. There is no fee to attend.

Where: Holy Trinity Anglican Church
2 Hammond River Rd. Quispamsis
(Beside the Hammond River Bridge)

**TO REGISTER OR FOR MORE
INFORMATION CALL**

506-609-9099