



'Get Your Balance'

Starts Tuesday March 12th, 2024

2:15 pm to 3:15 pm

6 Week program led by

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

Paulette Haines

Over the 6 weeks you will learn simple ways to improve your balance and prevent falls so you can get on with being active and doing what you enjoy. 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**

506-647-8170