



# MEN'S HEALTHY AGING WORKSHOP

*Facilitated by*

## **PAULETTE HAINES**

### **Personal Trainer & Fitness Leader**

The workshop will consist of six-one hour sessions. Each session will have education and coaching that will provide you with the tools for maintaining strength, mobility, balance, and range of motion. Topics include nutrition, fall prevention, social engagement and mental health.

We begin and end with a personal fitness check-in designed to highlight your achievements and keep you moving forward to “healthy aging”.

**Starts: January 12, 2026**

**Ends: February 16, 2026**

**Time:** Mondays from 2:15 pm to 3:15 pm

**Location:** Holy Trinity Church Hall

2 Hammond River Rd, Quispamsis, NB

**Cost:** \$50 for 6 Classes

**Pre-Register** by calling 506-647-8170