

Twin Bridges
Nurse Practitioner-Led Clinic

Clinique dirigée par du personnel
infirmier praticien **TWIN BRIDGES**

Gentle Aquafit – Session #1

October 3rd – November 28th, 2024 (8 classes)

Thursdays 1:30 - 2:30pm

****No class on October 31st****

***Pathways Therapeutic Pool,
Pathways Health Centre for Children
1240 Murphy Road, Sarnia***

Join us for a full body therapeutic exercise program that aims to improve muscular strength, stability and cardiovascular health.

Note: *This program requires payment of \$90 and a signed waiver for participation. Payment (**cash only**) and waiver must be completed at the Twin Bridges NPLC reception desk by September 23rd, 2024 in order to secure registration.*

Register at www.twinbridgesnple.com

