



Let's Talk About



Exercise and Healthy Weight!

Presented by: Gary, Physiotherapist

We'll be talking about:

- ✓ Why it's important to lose weight
- ✓ Exercise and weight loss
- ✓ Is it safe to exercise?
- ✓ Exercise ideas
- ✓ How to stay motivated

DATE: Wednesday March 4th, 2020

TIME: 1:15-3:00pm

WHERE: 409 Parliament St.

