

Valley Seniors Fitness Network

The Canadian Centre for Activity and Aging Seniors Fitness Instructor Certification CCAA-SFIC



Want to lead a program for
older adults in your
community? This workshop
is for you!

**This workshop meets the
standards for the Nova Scotia
Fitness Association Older Adult
Fitness Leader Certification**

When: Sept 18 & 19, 2010

Where: Berwick Town Hall Gym

Cost: \$150+tax (subsidies may be available)

Instructor: *Wendy Lee Hamilton*, Older Adult Fitness Leader,
Canadian Centre for Activity and Aging Trainer, Physiotherapist

For further information contact:

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Berwick Recreation Department

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Contact your local Recreation department for more
information.

