

Twin Bridges
Nurse Practitioner-Led Clinic

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

Gentle Aquafit – Session #3

March 6th – April 24th , 2025 (8 classes)
Thursdays 1:30 - 2:30pm

***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.

*****This program requires payment of \$80 and a signed waiver for participation.*****

Payment (cash only) and waiver must be completed at the Twin Bridges NPLC reception desk by February 27th, 2025 in order to secure registration.

Register at www.twinbridgesnplc.com