

January Specials

**Baby it's Cold
Outside!**

25% OFF

**Thermaphore Heating
Pads**

Don't Forget!

With a New Year comes renewed benefits coverage for most. Ensure we have your up-to-date information so we can help you get the most from your plan.

DID YOU KNOW?

**The current Exercise
Guidelines for
Canadian Adults is
150 minutes per week
of moderate to
vigorous physical
activity to maintain
optimal health!**

How are you doing?

Let us HELP!



In Motion

Health – Wellness - Fitness

Pain Management | Rehabilitation | Injury Prevention