

# January Specials

## Supplement Sale!!

Save 20% on our  
Glucosamine or  
Curcumin Supplements

## 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!



**In Motion**  
*Health - Wellness - Fitness*

Pain Management | Rehabilitation | Injury Prevention