

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