



Pool & Fitness Centre
presents



Wellness Winterlude

Massage

Meditation

Relaxation

Inspiration

Exercise

Discounts

Snacks

Coupons



Saturday, January 25, 2014

8:30 am—12:00 pm

To beat the Winter Blues, treat yourself to a morning of "me time". Through demonstrations of some of the best wellness practices, you will learn how to bring balance and well-being into your life!

- **Massage Practices**
- **Meditation**
- **Yoga Relaxation Techniques**
- **Exercise—Personal Training**
- **The Naturopathic Approach**



will help you control the stressors in your life and bring you to a place of contentment and self-acceptance.

Please register at the Pool & Fitness Centre by Jan. 23, 2014
Spaces are limited to the first 25 registrants. Don't miss being one of them!

Fee:
\$15.00 for Members
\$20.00 for Non-Members