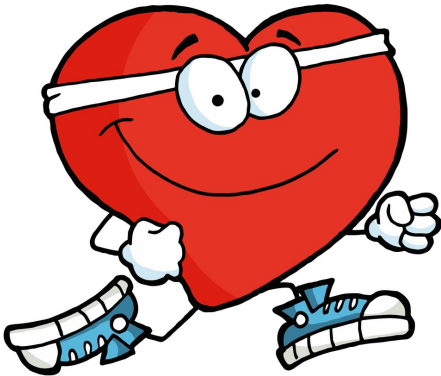


PRIME+CARE

FAMILY HEALTH TEAM

Physical Activity for Chronic Pain



Do you live with chronic pain and want to learn new strategies to self-manage? Then this physical activity program is right for you!

Join us for the Information Session in
APRIL to get started.

Each class includes:

- ⇒ Education
- ⇒ Low resistance strength training
- ⇒ Cardio
- ⇒ Measurements
- ⇒ 12 weeks twice per week (Tuesdays and Fridays)

Date & Time:

Wednesday April 18 @ 1:30—2:30pm

For more information, or to register for our upcoming Physical Activity Session, please call our office at 905-878-1720 or visit our website at www.primecarefht.ca

All programs are held at 470 Bronte Street South in Unit 104 unless otherwise stated.