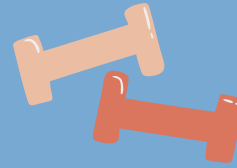


Acadia Center Of Lifestyle Studies presents:



Berwick Active For Life
Winter 2026



Registration: December 10th at 9:00am

limited space available

Offering exercise sessions designed for older adult community members in Kings County. This program focuses on improving health through aerobic, strength, balance and stretching activities. Led by a Clinical Exercise Physiologist.

When: Tues & Thurs 11:45- 12:45am
January 13th - March 26th

Where: Berwick Town Hall gymnasium,
236 Commercial Street

Cost: \$75 per person



Registration and information:
Jordan Hebb, Active Living Coordinator

jhebb@berwick.ca

