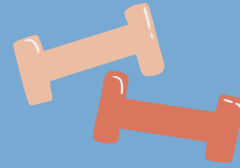


**Acadia Center Of Lifestyle Studies presents:**



**Canning 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 8:45- 9:45am  
January 13<sup>th</sup> - March 26th

**Where:** Ross Creek Annex, 2182 Sheffield road

**Cost:** \$75 per person



**REGISTRATION AND INFORMATION:**

Jennie Sawler

**[director@canningrecreation.com](mailto:director@canningrecreation.com)**

**902-582-2033**



ACADIA UNIVERSITY

**CENTRE OF LIFESTYLE STUDIES**

