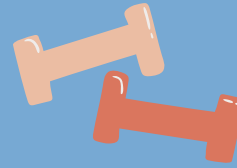


Acadia Center Of Lifestyle Studies presents:



Kentville 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: Mon & Fri 9:00– 10:00am OR 10:15– 11:15am
January 5th– March 23rd (no class Feb 16th)

Where: Bottom floor, Kentville Recreation Center,
354 Main Street

Cost: \$75 per person



Registration and information:

www.kentville.ca/programs

recreation@kentville.ca

902-679-2539

