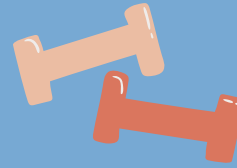


Acadia Center Of Lifestyle Studies presents:



New Minas Active For Life

Winter 2026



Registration: December 17th 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 13th - March 26th

Where: Lynn Spencer Hall, Louis Millet Community Complex,
9489 Commercial Street

Cost: \$75 per person



Registration and information:

Erica Gillis, Recreation Coordinator

902-681-6577

ericad@newminas.com

