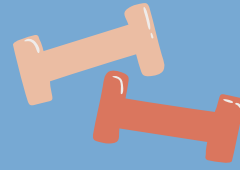


Acadia Center Of Lifestyle Studies presents:



Port Williams 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 10:15- 11:15am
January 13th - March 26th

Where: Port Williams Community Center, 1045 Main Street

Cost: \$75 per person



Registration and information:

Nichole Gilbert, Recreation Coordinator

recreation@portwilliams.com

902-698-9086



ACADIA UNIVERSITY

CENTRE OF LIFESTYLE STUDIES

