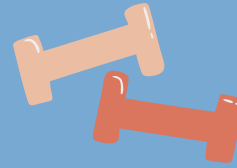


Acadia Center Of Lifestyle Studies presents:



Virtual Active For Life
Winter 2026



Registration: December 8th at 9:00am

limited space available

Offering **live** online exercise sessions for older adults. This program is based on the popular 'Active for Life' exercise classes offered by COLS throughout Kings County. The classes focus on improving health through aerobic, strength, balance, and stretching activities, led by a Clinical Exercise Physiologist.

When: Monday and Wednesday 10:00–11:00am
January 5th – March 23rd (no class Feb 16th)

Where: Online through Zoom platform (details emailed prior to first class)

Cost: \$75 per person; \$130 per couple



Registration:
Scan the QR code or visit:
[Virtual Registration](#)

**For more information, please
contact:**

kate.kirkpatrick@acadiau.ca

This program is supported by: Nova Scotia Department of Wellness and Acadia University, Centre of Lifestyle Studies



ACADIA UNIVERSITY

CENTRE OF LIFESTYLE STUDIES

