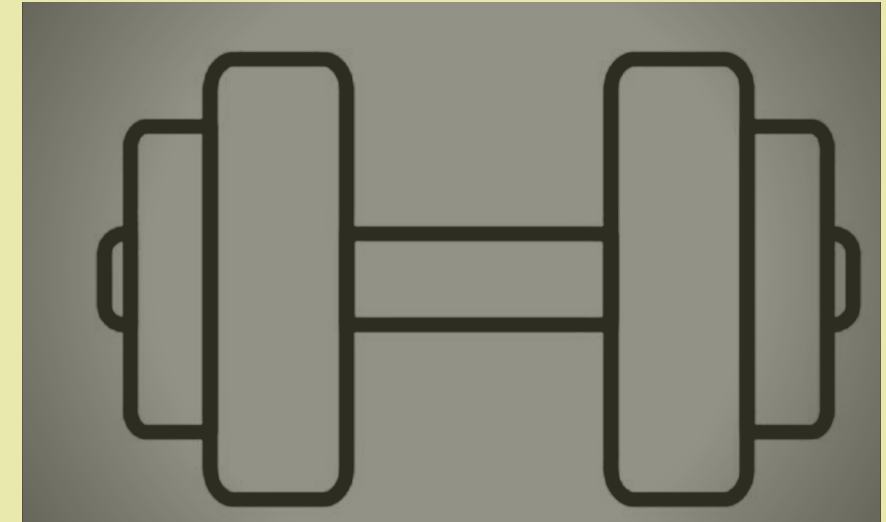


Please RSVP. First session: January 7th 2021 @ 10 AM
This program will run virtually on ZOOM until further notice.

WOMEN ON WEIGHTS



Contact:
katherinet@kchc.ca
613-449-5678

- > 7 week Orientation to weight lifting & workout program designed by a Registered Kinesiologist**
- > 1 year of accountability**
- > Assessments**
- > Education by a Registered Dietitian**
- > E-book containing descriptions of exercises**
- > Group lectures on building motivation**

FREE

Program runs weekly on Thursday's
from 10-1130 am for 8 weeks

