



# MUSCLE MOVEMENT LUNCH & LEARN

Join us for lunch and meet our physio & massage therapist to learn about:

Home Care and Exercise: Learn tips and exercises to promote muscle health and mobility at home.

Educational Sessions: Learn about muscles, bones and nerves.

**March 27, 2024**

from 11 a.m. - 1 p.m.

at the Community Services Boardroom.

For more information and to sign up, email Janae at [chr@xatsull.com](mailto:chr@xatsull.com) or call 250-989-2355

**postponed until further notice**