

Thursday, November 3, 2011

Location: A.R. Kaufman Family YMCA, 333 Carwood Avenue,
Kitchener, Ontario N2E 4B3

Peer Connections Session

Brought to you by: Canadian Paraplegic Association Ontario

11:30 am – 1:00 Meet & Greet

Sharing Information and Experiences: Learn about the experiences of those with spinal cord injuries and other physical disabilities who are living in your community.

This Month: An Open Forum

With your input we will develop future sessions to meet your needs. Peer support volunteers will also be available to discuss topics of interest. Lunch will be provided.

Join the Movement

Brought to you by: CPA Ontario and SCI Action Canada

1:00 pm – 3:00 Get Fit. It's easier than you think!

What is it?

An interactive information session about physical activity for adults with a spinal cord injury

Who's invited?

Adults with spinal cord injury, family members, friends, support persons

Topics include:

- Physical activity guidelines for people with SCI
- Aerobic exercise, Strength training exercise
- Ways to get active at home
- Local/community opportunities to get active

We look forward to your attendance! Please rsvp to Deborah Rose at CPA Ontario at 519-893-1267 or Deborah.rose@cpaont.org. Please respond before Monday, October 31, 2011.