

Need BCRPA credits before August 31st?

Keep reading...

PRE-REGISTER AT jaimee@jaimeestokes.ca OR 604.377.2660

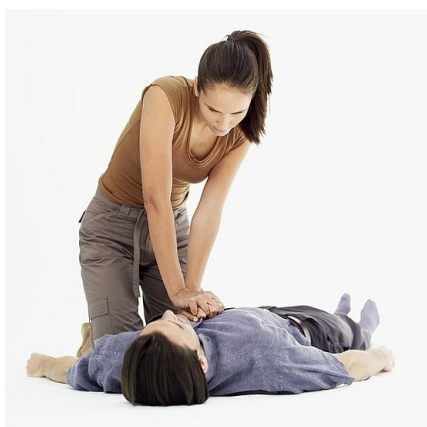
ARE YOU READY FOR SENIORS?
FRI AUGUST 13 / 9:30-12:00PM

Are You Ready For Seniors?

valued at 2.5 BCRPA credits

Fri August 13 from 9:30-12:00pm | \$35.00

Workshop takes place at Greystone Manor - an independent living residence in Maple Ridge.



CPR LEVEL 'A' & FIRST AID - RECERT
FRI AUGUST 13 / 8:30AM TO 4:30PM

CPR Level 'A' & First Aid - Recertification
valued at 3 BCRPA credits

Fri August 13 from 8:30-4:30pm | \$65.00

CPR only runs from 8:30-11:00am | \$35.00

Greystone Manor, Maple Ridge.

MUST PRE-REGISTER AND PAY BY FRIDAY AUGUST 9TH.

PHENOMENAL ABDOMINALS
MON AUGUST 16 / 5:30-7:30PM

&
OR

YOGA-INSPIRED STRETCHING
MON AUGUST 16 / 7:30-9:30PM

Phenomenal Abdominals and/or Yoga-Inspired Stretching

valued at 2 BCRPA credits each | \$30.00 each or \$55.00 for the two!

Workshops takes place at the Fitness & Activity Centre in beautiful Agassiz, BC - approximately 40 minutes east from Mission or Abbotsford.

YOGA: SUN SALUTATIONS
SUN AUGUST 22 / 10:00-11:30AM

&
OR

YOGA: MOON SALUTATIONS
SUN AUGUST 22 / 12:00-1:30PM

Sun Salutations and/or Moon Salutations

valued at 1.5 BCRPA credits each | \$20.00 each

Learn the sequences to both warm the body in preparation and calm the body in completion of Yoga practice.

Workshops takes place in central Port Moody (exact location TBA).