

Refresh Your Health



*Discover your BALANCE...
One month. One goal. Unlimited Potential.*

1-29 October 2019
Denison Armoury, Toronto

This program encourages you to set a specific personal goal for the month of October.

- The program runs every Tuesday in October from 1030-1200hrs, includes a briefing and a PT component.
- A Fitbit Flex 2 loan for the duration of the program is available to the first 15 people registered.

Who is eligible?

- Open to all military and DND personnel.
- Civilians must have a valid rec council membership in good standing.

Deadline to sign up 24 September



For more information or to sign up please contact
Kristin.Toomsalu@forces.gc.ca or at 416-633-6200 x3730