



Wellness Clinic with Laurie Moser

What : Free, monthly, 45 minute wellness class

When : Tuesday October 13th, 2020 from
1:00PM-1:45PM

Where : North Glenmore Park (meeting details to follow
registration)

Details:

Join us for a free wellness session with fitness guru Laurie Moser!

Fitness for all levels. Resistance bands will be provided if desired. If you want to do the class sitting bring your own chair. Wear comfy clothes you can move in and shoes with some grip.

Everything will be sanitized prior to the class and after the class. Social distancing measures will be in place.

Sign up: Email Tannis at tannis.sigfusson@childrenslink.ca to sign up and confirm your spot.





Meet Laurie!

My name is Laurie Moser, and I have been teaching fitness classes for over 6 years now. I am certified with the AFLCA in Older Adult and Group Exercise Mind & Body. I am also certified in teaching people with Parkinson's. I love teaching and helping people to feel better by moving their bodies and changing their state of mind. I believe that fitness is about moving your body so that you can feel stronger, healthier and better about yourself! This is so you can do the activities that you want to do in life, such as hiking, biking, skiing, dancing, playing with your kids, grandkids or whatever activity is important and enjoyable for you! As a parent of 4 children, I know that a good fitness level will help to improve your overall quality of life. Fitness should be fun and something that you enjoy. I believe that everyone can find some activity and form of movement that works for them - fitness is inclusive and meant for everyone and every age at every level!