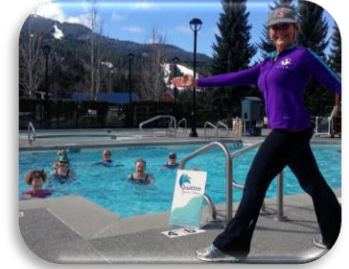


**CALA Accredited Workshop**  
**Presenter: Charlene Kopansky**  
**At the Beautiful Fairmont Chateau, Whistler, BC**  
**Strengthening & Stretching the Body**  
**- Baby Boomer Dilemma**



**Description:** Yup, we are all aging and we all want to be physically mobile and stable while functioning at a high level. Let's explore how to strengthen and stretch the body using the magical properties of water to both challenge and support the body. Experience a class that flows from beginning to end. With special emphasis on hips, back, shoulders and knees, explore how you can modify every move to suit your particular needs. Get ready for strategies to encourage improved brain function to keep dementia at bay.



**Date & Time:** Friday, April 19, 2024  
from 9am – 10:30am Arrive at 8:45am

**Accreditation:** 1.5 CALA CECs

**Note:** All fitness enthusiasts are welcome. You will automatically earn CALA CECs.

**Fees:** \$35 + tax Pay cash on site

Please bring the completed registration form with your payment to the pool where Wilma will complete the registration process.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_

Postal: \_\_\_\_\_

Email: \_\_\_\_\_

Cell: \_\_\_\_\_

Cash on site \_\_\_\_\_ Amount paid: \$ \_\_\_\_\_

(See above for correct fee option)

Card #: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Signature: \_\_\_\_\_

**EMAIL CALA with questions [cala\\_aqua@mac.com](mailto:cala_aqua@mac.com)**