



Meet **Megan Tank** our Kinesiologist

Megan received a Bachelors Degree in Kinesiology at the University of Lethbridge in May of 2008. She believes that when being active in a group setting that the success rate is higher and individuals are also able to be social and accountable.

Megan is excited to offer two programs. Learn the Gym program for people who would like to work out and to learn how to use the equipment. This program also offers a detailed health tips, cardiovascular training and more! Make a change in your life. Start living a healthy lifestyle and see how easy it can be a part of your routine.

Power up your posture: This program will help in using corrective exercises to help you improve your posture. Megan will include a spinal map assessment, which will measure your spine and help determine the correct exercise needed to improve your posture. At the end of the five week program Megan will do another spine assessment, this will allow you to monitor your progress. Correcting your posture is an important component to reduce the negative effects of osteoporosis. This program will help you become more efficient in daily living, be more confident and maintain a healthy back.

Learn the GYM

When: Monday & Wednesday from 6-7pm for 5 weeks starting January 11th, 2009

Where: Cranbrook Physiotherapy Clinic

How: Sign up by coming in or phone (250)-426-7097

Cost \$120.00

Let's make a change!

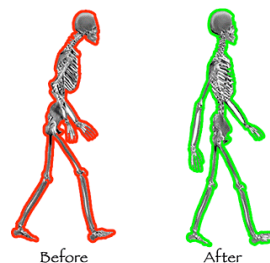
Power Up Your Posture

When: Tues & Thurs from 6-7pm for 5 weeks starting January 12th 2009

Where: Cranbrook Physiotherapy Clinic

How: Sign up by coming in or phone (250)-426-7097

Cost: \$110



Let's POSTURE UP!