

Happy
Valentines Day!



• LOVE • LAUGHTER • RELAXATION •

GIVE THE GIFT OF HEALTH & RELAXATION
THIS VALENTINES DAY...

SPECIFIC TREATMENTS FOR
INJURIES, HEALTH CONDITIONS
& STRESS RELIEF

**GIFT CERTIFICATES
AVAILABLE**

For more information
WWW.BMTERAPEUTICS.COM
15 WILLOW ST. S. ACTON
(519)853-1200



COLD AND FLU SEASON CONTINUES...

Signs and Symptoms

- *Headaches
- *Fever
- *Muscle Aches
- *Muscle Fatigue
- *Vomiting
- *Chills
- *Sneezing
- *Runny nose
- *Watery Eyes
- *Diarrhea
- *↓Appetite
- *Cough
- *Nausea
- *Throat Irritation

PREVENT YOURSELF FROM THE SPREAD WITH A FEW BASIC TIPS



Wash your hands, thoroughly with soap and warm water for a minimum of 15secs. Especially after sneezing and coughing.



Cover your mouth/nose with a tissue when coughing or sneezing.



Keep a supply of alcohol-based hand sanitizer with you wherever you go.



Disinfect all commonly used areas and/or items

TRUE MENTALITY FUNCTIONAL TRAINING AND BOOT CAMP FACILITY

**FREE
BOOT CAMP**

Date: Feb 9th 2013
Time: 10am-11am
Location: True Mentality Functional Training Facility
405 Industrial Dr. Milton, UNIT #1

**REGISTER FOR NEW SERIES
FEBRUARY 9TH 2013, FROM 11AM-12PM
405 INDUSTRIAL DR MILTON, UNIT #1**



With
Kasia Sitarz

8 WEEK SERIES SCHEDULE

STARTS WEEK OF FEBRUARY 26 TH 2013	TIME	LEVEL	COST (8WEEKS)
TUESDAY	6:30-7:30PM	LEVEL 2	\$150
TUESDAY	7:30-8:30PM	LEVEL 1	\$150
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$150
"DOUBLE UP" DISCOUNT			DOUBLE UP & SAVE!
TUESDAY	6:30-7:30PM	LEVEL 2	\$290
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$290
TUESDAY	7:30-8:30PM	LEVEL 1	\$290
THURSDAY	6:30-7:30PM	LEVEL 1&2	\$290

****NOTE COST + 13% HST**

BOOT CAMP LEVELS

LEVEL 1 (BEGINNER)— A group class designed to teach important fundamental movements used not only in exercise, but everyday life. Atmosphere is comfortable for those limited in fitness experience, suffering with injuries, or lack of confidence. Level 1 challenges you to focus primarily on proper form to prevent injury, as well as the mind muscle connection essential for optimal training.

LEVEL 2 (INTERMEDIATE)— A group class designed for those ahead in progress, knowledge and most importantly exercise form.



TOUGH MUDDER & EXTREME COURSE TRAINING COMING SOON!!

POLICE TESTING TOUGH MUDDER FIREFIGHTER TRAINING

FOR MORE INFORMATION EMAIL TRUEMENTALITY@GMAIL.COM OR VISIT ONLINE

WWW.TRUEMENTALITY.CA

BUILD... STRENGTH • ENDURANCE • CONFIDENCE