

November 19, 2015  
**FITNESS AND NUTRITION**  
**OPEN HOUSE**

4:30 PM to 6:30 p.m.

Spinal Cord Injury Alberta, 5211 4 Street NE, Calgary

Learn about

- The importance of nutrition and fitness
- Active living research from leaders in the field at McMaster University
- How to become an Active Living Leader (peer mentor)

Featuring:

Marie-Josée Perrier, McMaster University  
[sciactioncanada.ca](http://sciactioncanada.ca)



**RSVP** by November 13, 2015  
to [calgary@sci-ab.ca](mailto:calgary@sci-ab.ca) (403) 228-3001

**Door Prize:**  
Enter to win a FREE  
fitness assessment!!

