

# The Flexibility and Mobility Program

## Get ready for the Walk or the Run with Naomi Ban

You have trouble walking or would like to start running, but don't know where to begin? Worried you won't be able to achieve your goals alone? Together with The Arthritis Society – Quebec Division, Naomi Ban is giving you the chance to prepare – either for the Walk or the Run – by taking part in a specially designed training program that you can follow from the comfort of your own home!

## The Program

Specially designed for people losing their mobility, the **Mobility and Flexibility Program** includes 70 exercises for a total of 25 hours of training over a four-month period, starting in February. This series is progressive in nature, allowing for optimal preparation for the day of the event. A tracking sheet and a hyperlink to videos of the exercises will be sent to each participant.

When you register, select the **Mobility and Flexibility Program** (additional fee – \$25) on the Walk website or the offline form. Benoit Duhamel will contact you shortly after your registration with the link to the program and tracking sheets. Naomi also offers additional personalized training sessions for those who are interested (additional fees apply).

## Free motivation sessions!

Need a little push to help you keep pace and not give up? The program also includes free admission to 4 group motivation sessions with Naomi Ban. It's an opportunity to stay focused on your goal for June 3 and get some tips and tricks from kinesiologist Naomi Ban.

**FEBRUARY 27, MARCH 29, APRIL 26, MAY 17**

**MONTREAL WORLD TRADE CENTRE**

**380 ST. ANTOINE STREET WEST, MONTREAL, H2Y 3X7 (Square Victoria metro station)**

PLACES ARE LIMITED. REGISTRATION REQUIRED. EMAIL BENOIT DUHAMEL AT [BUDUAMEL@ARTHRITIS.CA](mailto:BUDUAMEL@ARTHRITIS.CA). ROOM NUMBER WILL BE CONFIRMED BY EMAIL.

If you have any other questions, please contact Benoit Duhamel at 1.800.321.1433 ext. 2445, or at [bduhamel@arthritis.ca](mailto:bduhamel@arthritis.ca).



**WALK TO FIGHT ARTHRITIS**

