

Exercise Program & Networking Event

*Please join us on Sunday June 28 between 9-3pm rain or shine
12348 Rue Lachapelle, Montréal, QC H4J 2M8*

Hosted by:

Tony Izzo, Medical Laboratory Technologist, owner of Santé Mobile A-1 & Centre Santé A-1 and associate
Jonathan Fortier, Fitness on the Go –PTS personal training specialist

Owner of Centre Santé A-1 Tony Izzo and his team of affiliated therapists will be on site to greet you and tell you more about some of our services, such as:

Massage Therapy
Reflexology
Far Infrared Therapy

Osteopathy
Blood & Allergy testing

Therapists and associates: Pay \$25 to PROMOTE your business and display brochures and business cards.

Guests: Pay \$15 to attend, network, participate in fitness activity, and enjoy a light meal.

Children under 12: FREE TO ATTEND, participate in the walk, fitness activity and enjoy a light meal.

The schedule:

8- 9 am: Set up
9- 10 am: Meet & greet inside and outside facilities
10-11am: Organized Fitness Walk
11-12pm: Exercise & Simple Circuit
12- 1pm: Networking Lunch
1- 3pm: Networking inside and outside facilities

What you need: If participating in the walk/circuit training please wear comfortable attire, running shoes and bring a towel. We will provide water bottles!

Please confirm your attendance or reserve your spot. Call **514-461-1186** or email info@santemobile.com

Thank you,

Tony & Jonathan