



## TEGSA is hosting

Getting back to what moves you!

On Friday, January 27, 2017

140 Commander Blvd., Scarborough.

Muscle Activation Techniques

Presentation by Steven De Souza



6:00pm Doors open

6:00-6:30pm Registration

6:30-6:45pm Snacks

**Please carry your own water bottles**

7:00pm Tea/Coffee

7:15pm **Presentation** by Steven De Souza

8:30 pm Bingo (Please bring exact change for your Bingo cards)

Cost: Members **FREE** Guests \$10.00 per person (after January 20, 2017)

To register please email Mavis.....[mavispecus@hotmail.com](mailto:mavispecus@hotmail.com) **If you do not receive confirmation that you are registered, please, please do not show up for the event as we will not be able to accommodate you due to fire regulations.**

For catering purposes, the cut-off date for cancellation is Tuesday, January 24. You are responsible for payment of \$10.00 if you cancel after Tuesday, January 24 or do not show up on the day.



If you do not wish to receive further emails from TEGSA, please email Carol Fernandes at .... [SSUSEGAD@GMAIL.COM](mailto:ssusegad@gmail.com)

**Prepared By Carol Fernandes**