



8:10 a.m.

11:00 a.m.

12:30 p.m.

2:30 p.m.

6:30 p.m.

Arts and crafts
with mom.

Ride my bike
around the
neighbourhood

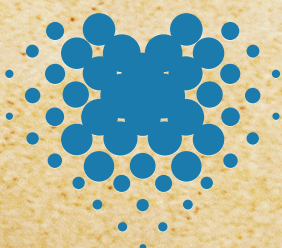
Picnic at
Gramma's

Puddle
splashing in
the park

Push my
little sister
on the swing

You can watch life, or you can live it.

When life has become complicated by an injury or condition that makes it hard for you to do the things you love to do, **physiotherapy can help.** We know how important your independence, your confidence and your mobility are to you and your loved ones. See a physiotherapist for effective, proven care and take back your life!



Canadian
Physiotherapy
Association

TO LEARN MORE, OR TO FIND A
PHYSIOTHERAPIST NEAR YOU, VISIT:

PhysioCanHelp.ca