



7:00 a.m.

*Morning yoga*

9:30 a.m.

*Family tennis lessons*

11:00 a.m.

*Open House with a new client*

2:30 p.m.

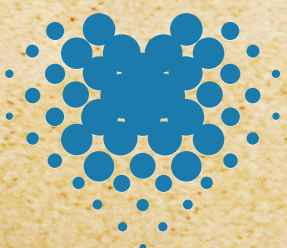
*Shoe shopping with my sister*

5:00 p.m.

*Help my dad feed the birds at the park*

*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**