



www.youtube.com/@sensoryworkout

Centre de traitement
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Treatment Centre



SENSORY WORKOUT ENTRAÎNEMENT SENSORIEL



Aptus has developed a Sensory Workout video series to help people of ALL ABILITIES be more physically active. It's FREE and it's available in both English and French!



Complete the four-module series in [English](#) or [Français](#) and request a certificate of completion at sensoryworkout@aptustc.com



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