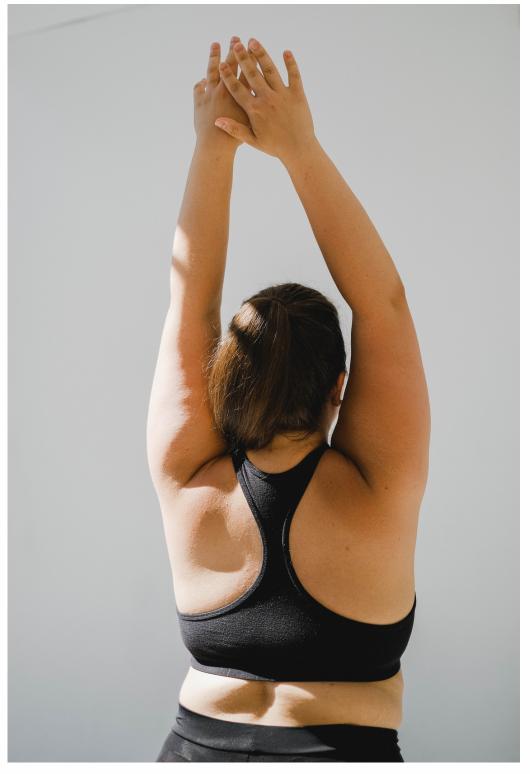


## www.youtube.com/@sensoryworkout













## 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 <a href="mailto:sensoryworkout@aptustc.com">sensoryworkout@aptustc.com</a>

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