



[www.youtube.com/@sensoryworkout](http://www.youtube.com/@sensoryworkout)

Centre de traitement  
**APTUS**  
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](mailto:sensoryworkout@aptustc.com)



Generously funded by Ontario Trillium Foundation and the Ministry of Children, Community and Social Services

Ontario Trillium Foundation  
  
Fondation Trillium de l'Ontario  
An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario



Ontario 