



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



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