https://www.youtube.com/@sensoryworkout





SENSORY WORKOUT



Learn about adding sensory to fitness to help it be more engaging and beneficial. Aptus' Occupational Therapist and Recreation Therapist created this bilingual learning series, which includes follow-along activity videos

Complete the 4-module series in <u>English</u> or <u>French</u> and request a certificate of completion at <u>sensoryworkout@aptustc.com</u>

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