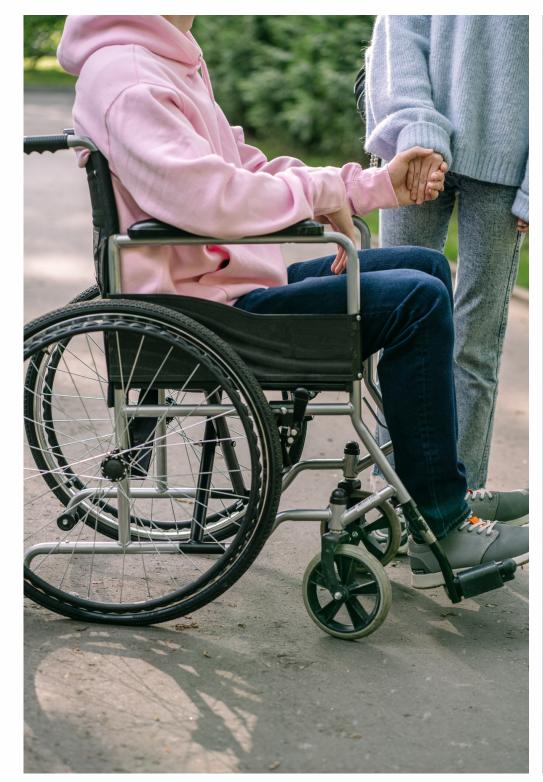
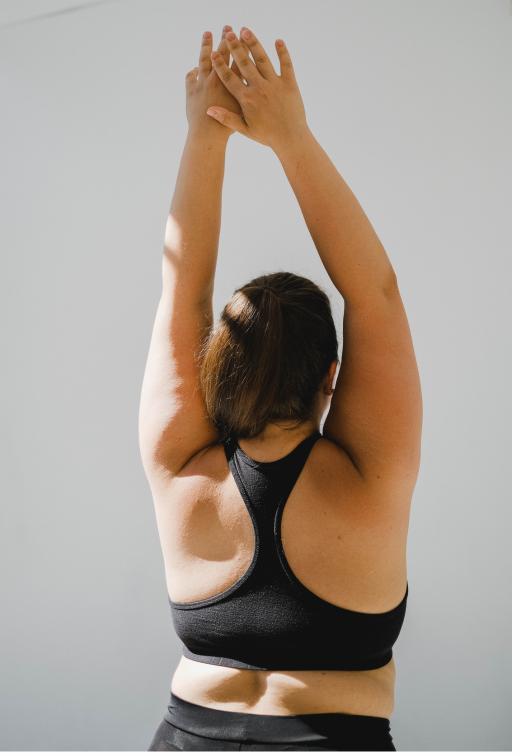


## https://www.youtube.com/@sensoryworkout













## SENSORY WORKOUT



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

in <u>English</u> or <u>French</u> and request a certificate of completion at <u>sensoryworkout@aptustc.com</u>

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