

NSFA Group Meetings Schedule



These meetings will be held on *Friday April 22nd, 2022* via Zoom.

6:30pm NS Zone groups - Central, Western, Northern, Eastern, N&L

6:45pm Racialized persons

7:00pm Black/African Nova Scotian persons

7:15pm Disabled persons

7:30pm Indigenous persons

7:45pm 2SLGBTQ+ persons

What Are Group Meetings?

These are new sessions we started in 2021. Each year, all NSFA members are given an opportunity to meet with members of their own groups based on geographical zone & certification type. Those who have self-identified as belonging to a marginalized community can also meet with those groups. The purpose of these meetings is to network, discuss any concerns specific to the group, and listen to candidates for each group's representative on the NSFA Board of Directors. These sessions are for NSFA members only. They are free too attend, including the in-person sessions held during the Summit.

NSFA Zones

Western: Kings, Annapolis, Digby, Yarmouth, Shelburne, Queens, & Lunenburg counties

Northern: Pictou, Colchester, & Cumberland counties

Eastern: Guysborough, Antigonish, Inverness, Victoria, Richmond, & Cape Breton counties

Central: Hants & Halifax counties

N&L: All of Newfoundland & Labrador

Please see the *Saturday* schedule for meetings by certification type.

ELS22 Schedule At A Glance



These sessions will take place on *Saturday April 23rd, 2022* at Mount St. Vincent University.

There are 2 workshop options for each session. You will pick one of them when you register online.

9:00am - coffee & introductions

9:30am - **Session A:** Cardio Combat (Amber) /or/ Social Media (Kenney)

10:45am - break / Group Exercise Leaders' Group Meeting

11:00am - **Session B:** Yoga Older Adults (Helen) /or/ TBIs (Chloe)

12:15pm - break / RTs' & PTs' Group Meeting

12:30pm - Lunch & Annual General Meeting (AGM)

1:30pm - **Session C:** Online Teaching (Melissa) /or/ Happy Hips (Nathan)

2:45pm - break

3:00pm - **Session D:** Rick's Round Table (Rick) /or/ Components of Balance (Line)

4:30pm - CPR recertification course (add-on session)

**Please see nsfitness.ca/ELS22 for full descriptions of each session.
For registration & pricing visit nsfitness.ca/Events**