



JOIN TODAY!

St. James Assiniboia 55+ Centre is an independently operated, charitable non-profit organization. We encourage community members to improve their quality of life by providing educational, recreational, health and social opportunities. We offer professional health services, fitness opportunities, recreational events, outings and volunteer opportunities. **We need and appreciate your support!** For further information call us at 987-8850 or visit us online at www.stjasc.com

Thank-you - Bryan Metcalfe, Executive Director

NEW MEMBER BENEFITS FOR ONLY \$25:

- 1 new member drop in coupon for popular programs we offer such as Yoga, Zumba and Pilates (maximum value of \$11)
- 1 new member 20% discount coupon for one of our services we offer - Massage, Foot care or Reflexology.
- Membership discounts to over 40 programs and special events
- Members have full use of the Exercise room (treadmills, stationary bikes, elliptical and nautilus equipment) and our Computer room (Internet access)
- Members receive a 33% discount on City of Winnipeg Facility and Pool passes.
- Volunteer and board member opportunities
- On site Dietician and Community Health Nurse

Membership Registration Please Print!

Membership Type: Renewal New member
Donation only (A charitable tax receipt will be issued)
Mr. _____ Mrs. _____ Ms. _____ Name: _____
Address: _____ City: _____
Postal Code: _____ Phone number: _____
E-mail address: _____ Signature: _____

Mail your completed form along with a cheque payable to St. James Assiniboia 55+ Centre to our office at: 3rd floor, 203 Duffield St. , Wpg. Man. R3J 0H6.