

DR. PAUL SCHWANN CENTRE

# VIRTUAL POPAT COPAT PARE TRAINING

Get ready for your upcoming occupational test from the comfort of your own home by **training with the testers**. Our expert exercise physiologists can design a program for you to get you prepared with only the equipment you have available to you!

## INCLUDES

- » 1 hour Zoom Consult/Assessment
- » 30 min check in appointment every week for 8 weeks
- » Individualized Programming updates every 2-4 weeks for 8 weeks
- » Cost: \$275



For more information or to book your appointment please call **306-585-4004** or email [schwann.centre@uregina.ca](mailto:schwann.centre@uregina.ca)