

Victoria's **ONLY** 50+ Fitness Centre WELCOMES YOU TO OUR 1st ANNIVERSARY OPEN HOUSE with **FREE WORKSHOPS**

I came to MedEx as a diabetic and weighed 165 pounds. After 8 months into the program, my doctor advised me that I no longer required any of my medications. I am now 135 pounds and control my diabetes with a good diet and MedEx exercise.



Ann Tonner, age 60
November 2009

Since joining MedEx in May of 2009, my blood pressure has decreased from 140/90 to 120/72. I have lost 14 pounds and am now able to exercise vigorously without any bad side effects. I cannot speak more highly of MedEx's first rate staff and its low key and friendly environment.



I am amazed that my energy has increased tenfold and what six months ago I found to be a struggle, is now easy. My blood pressure has gone down to 109/60, my walking is effortless and enjoyable and both Tony and I have modified our eating habits.



Tony & Elanor Paine,
age 73 & 71
November 2009

**COME SEE WHY DOCTORS,
HEALTH PROFESSIONALS
AND NEIGHBORS ARE
RAVING ABOUT **MedEx****

250.382.5050 / www.medexfitness.com
James Bay Square (next to Thrifty Foods)
Hours: Mon-Fri 7am-7pm / Sat 8am-2pm

TOMORROW November 19th 10:00 until 4:00

FREE WORKSHOPS - All Day

- 10 am
Back Sense
Using Public Transit
 - 11 am
Exercise Demo
Understanding Your Hearing
 - 12 pm
Talk to Your Pharmacist
 - 1pm
Keys To Weight Loss
Prostate Cancer
 - 2pm
Test Drive Our Equipment
Arthritis & Exercise
 - 3pm
Diabetes & Exercise
High Blood Pressure & Exercise
- Call 250.382.5050
to register



Richard Gafter, MEPD
OWNER/KINESIOLOGIST

NO SPANDEX. NO MIRRORS. NO LOUD MUSIC. NO CONTRACTS