

**PEER MENTOR
NETWORK**
VIRTUAL GATHERING



MOVEMENT FOR ALL

AN EXERCISE SESSION FOR ALL ABILITIES



LED BY PAUL GUSTAFSON

ADAPTIVE PHYSICAL EDUCATOR & ONLINE FITNESS COACH
@ STAYINGDRIVENLIVE.COM



**WEDNESDAY,
SEPTEMBER 16, 2026**



6:30 PM – 8:00 PM



**APPROXIMATELY 45 MINUTES
OF MOVEMENT FOLLOWED
BY OPEN DISCUSSION**



ALL ABILITIES WELCOME
MODIFICATIONS PROVIDED.
MOVE AT YOUR OWN PACE.



MEETING LINK

meet.google.com/xgq-kvgm-dio

JOIN BY PHONE

+1 226-317-4387

PIN: 908624701



RSVP TO
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Spinal Cord Injury Saskatchewan Inc.
Lésions Médullaires Saskatchewan