



# PACE NEWS!

What's new?|Upcoming events| New Director!

## New FACES

With the new year and new term we welcome to the new members, volunteers, placement students and staff!

## UPCOMING EVENTS

Be part of our **Senior Fit Assessment Day!** Free to all current members. Keep your eyes open for sign up sheets

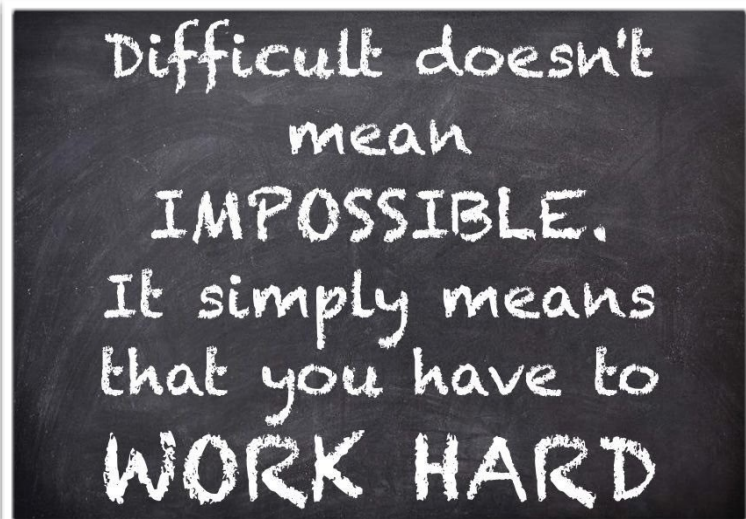
**Friday March 4 th and Monday March 7 th**

## Our Mission:

"Our overarching objective is to be the preeminent Canadian site for excellence and leadership in research, education, evidence-based practice, community engagement, and knowledge translation , regarding the use of physical activity to improve health and well- being.

## New faces and use of spaces!

We are so thankful for all the volunteers and students that help keep the PACE great! We are also looking forward to setting up a reception area to help keep up with questions, payments and TLC.



## Hellos and Good byes:

We are also excited to formally introduce Dr. Stu Philips as the New Director.



We would like to introduce you to Dan Zervos who is joining the Physiotherapy Assessment team! Remember if your would like an assessment or treatment with Marianne or Dan - please contact the staff for an appointment.

## Pace in the News:

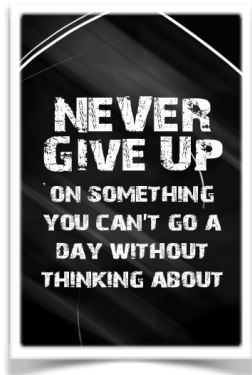
Recently there has been a lot of action in the PACE!

If you missed the action but want to be filled in here are some of the past events that you can look up online:

**Jan 8, 2016- CHCH news-  
Beating a cold with exercise**

**Jan 21, 2016- CBC News -  
Marketplace -CBC retracts  
supplement report**

**Jan 28, 2016 The Spectator-  
Mac study proves power of  
protein**



**HEALTH IS WEALTH!**

**Quote of the month:**

"Take care of your body. It's the only place you have to live."

- Jim Robin

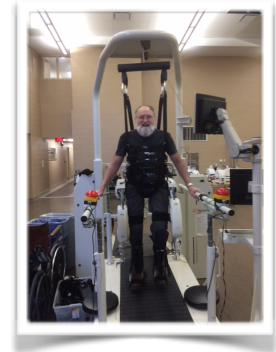
## MacSenior and Mac Cardiac Corner:



For those who didn't get a chance to participate in the first SFT day there will be a sign up sheet for you! Those who did participate- please check your files by end of the February to implement your exercise prescription!

## MacWheelers and MsFitt bits!

The annual MacWheelers Gala is on Friday March 11, 2016! Proceeds go towards the PACE program. Another great reason to get glammed up!



## MacWarriors News!

Thank you to all of the participants for seeing through some changes. We are excited to bring Dan on board and look forward to developing the program.

YOU WERE STRONG ENOUGH TO GET THIS FAR.  
YOU ARE STRONG ENOUGH TO KEEP GOING.

## REINVENTING SPACES

Again we want to thank you for "putting up" with all the changes. We are looking forward to implement a new reception area. All administrative needs will be addressed there. The PACE area where you used to pay your fees will now be the exercise prescription area. Still a meeting place with the focus on exercise and movement!

