

The Shoreline Tid-Bits Journal

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Before and After Program, Busing Coming

Families will have more opportunities to access pre-primary in September with the expansion of the Nova Scotia Before and After Program and bus service. The province will expand the on-site, Nova Scotia Before and After Program to 40 sites this fall, with continued expansion in 2020, where needed. This physical activity-based program will be delivered by approved regulated child care or recreation providers. It will be aligned with the province's Let's Get Moving Nova Scotia action plan.

The Nova Scotia Before and After Program is open to all children from pre-primary to Grade 6. Locations in Cumberland-Central Regional Centre for Education locations are at: Cyrus Eaton Elementary School, Pugwash, provided by YWCA of Cumberland, Ph: 902-667-4724; Oxford Regional Education Centre, Oxford, program provided by YWCA of Cumberland, Ph: 902-667-4724; Tatamagouche Elementary School, Tatamagouche, program provided by Colchester Recreation, Ph: 902-897-3181; Uniacke District School, Mount Uniacke, program provided by Mount Uniacke Early Learning, 902-209-6221 and Winding River Consolidated Schpp; Stewiacke. Program provided by Smiles and Chuckies, Ph: 902-639-2305. Bus service will also be available for eligible pre-primary children at 56 sites this fall. For more information about busing, pre-primary and a list of locations that will receive busing in September visit <https://www.ednet.ns.ca/pre-primary>

Atlantic Vitality Expo – September 26-28

By Maurice Rees

The Atlantic Vitality Expo, which is replacing the former Senior's Expo, will be held at the RECC September 26-28 and is expected to draw an attendance of 5,000. Council at the committee meeting on August 8th was drawing a consensus of denying a request for \$2,000 through the Community Event Grant Policy until it learned the Town of Truro has approved a similar request.

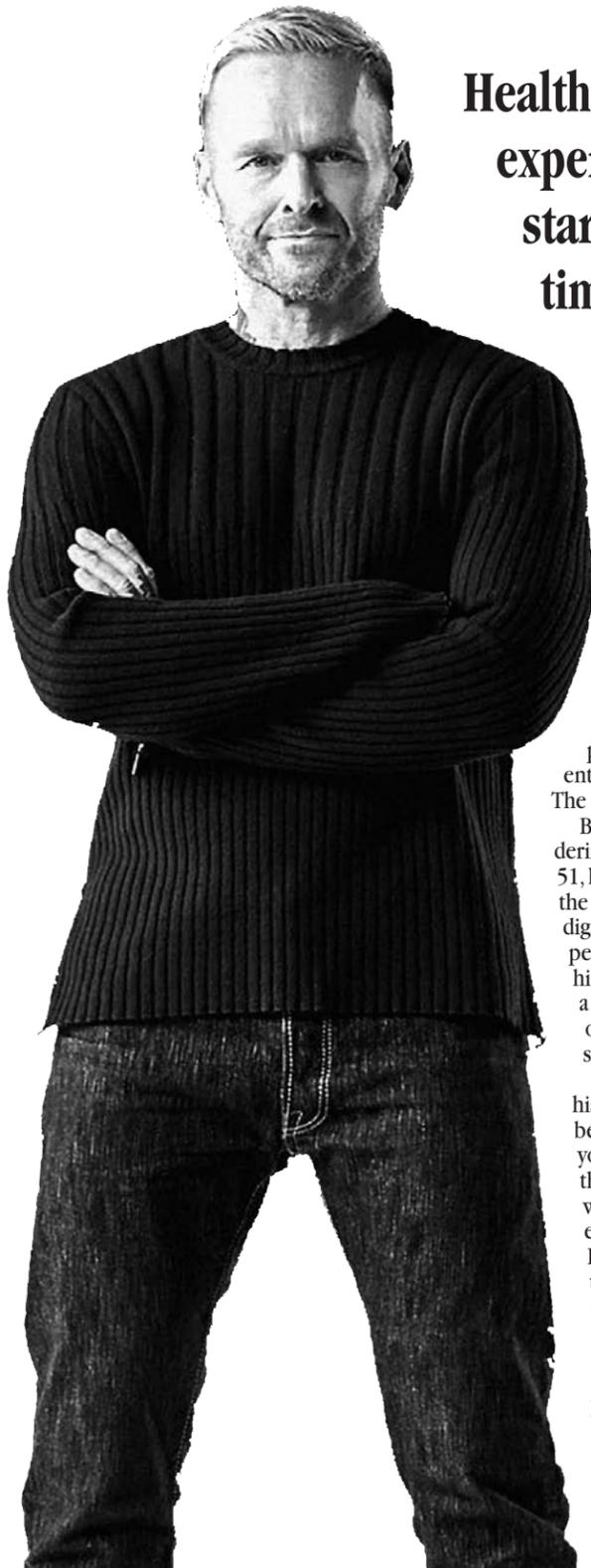
The original thinking of councillors was they would pay their share loss through the ongoing annual financial guarantees to the RECC with Town of Truro on a yearly basis.

In its application RECC staff stated, The Atlantic Vitality Expo; "AVX" ignites a gathering in the heart of Atlantic Canada, bringing together wellness leaders and community members to inspire positive action that will shape the future of Atlantic Canada's Health. Both exhibitors and attendees will be motivated through a collaborative experience showcasing the latest

innovations in the health and wellness marketplace.

"With much of today's awareness focusing solely on the rising costs of healthcare, many of us do not realize that the simple lifestyle choices that we make every day can be part of the solution for improved health and wellbeing. Sometimes we do not realize the value of our health until it is gone" Matt Moore, General Manager of the Rath Eastlink Community Centre stated.

"Our goal is to build a platform for improved wellness through the annual activation of the AVX. This is more than a marketing campaign, it is more than an expo, and this is our urgent call to action for residents and stakeholders alike! We as Atlantic Canadians have the highest scoring rates for obesity and sedentary lifestyles in the entire country and it is extremely important that we as leaders influence positive lifestyle change for our future generations", says Moore.



Health and Fitness expert, television star, and three-time #1 New York Times best-selling author Bob Harper

Featured at the AVX is Health and Fitness expert, television star, and three-time #1 New York Times best-selling author Bob Harper. Bob is one of the most well-known fitness experts in the world thanks to his seventeen seasons as a trainer on NBC's The Biggest Loser.

Bob Harper's world came to a thundering halt when in 2017, at the age of 51, he suffered a heart attack. Naturally, the world wondered how such a paradigm of health and wellness could experience something so antithetical to his lifestyle. As it turns out, it came as a result of genetics—something no one can change—but it nevertheless served as a wake-up call to the guru.

Since then, Harper has redoubled his efforts to promote physical wellbeing to his millions of fans and beyond, but with an added emphasis on the almost 50% of North Americans who have some form of heart disease—the leading cause of death. Harper will be the first to tell you that maintaining a healthy lifestyle is imperative for anyone wishing to have a long and fulfilling life—but unlike so many others, he backs it up with the tips, strategies, and habits proven to help shed weight and get audiences on the right track. Back and stronger than ever, Bob Harper offers everyone a second chance at their future—the same gift he received.

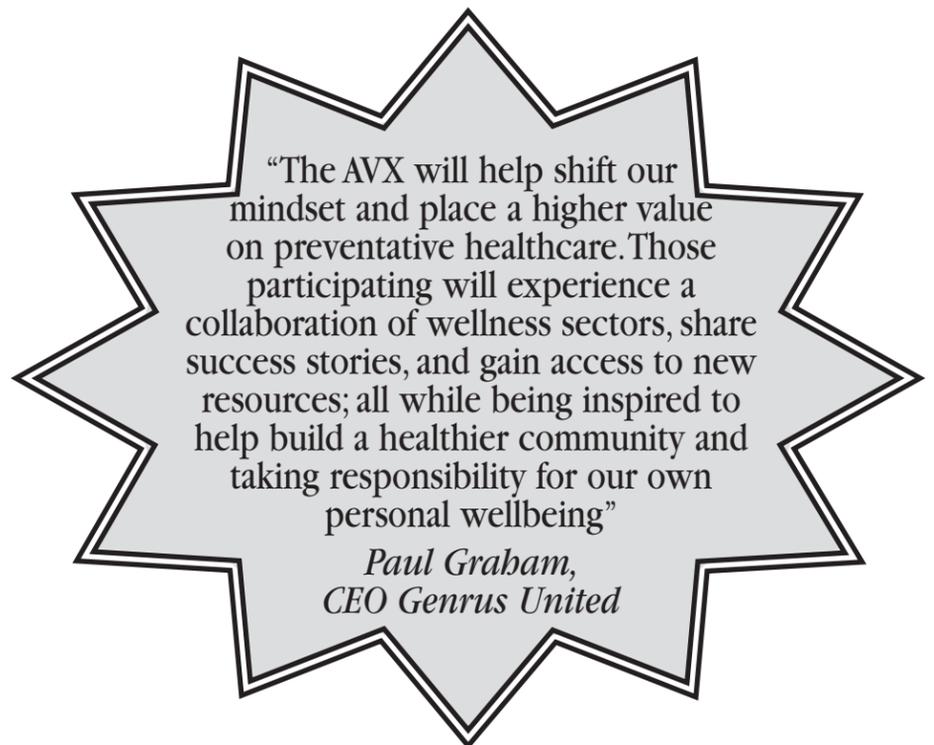


AVX Schedule at a Glance

Here is a quick glance at the schedule for the Atlantic Vitality Expo to be held at the RECC on September 26-28th.

- Sept 26th at 7pm Keynote Dinner with Bob Harper, tickets start at \$59.75+ taxes & fees and are available at the RECC box office or on ticketpro.ca on June 13th.
- Sept 27th 9am -4pm collaborative expo featuring 200+ vendors, live demonstrations and workshops. FREE ADMISSION.
- Sept 27th at 12pm features a "concert style" workout with Bob Harper in the arena. Tickets are \$10 or free for RECC Members.
- Sept 27-29th Educational seminars, workshops, and excursions.

For more information on how to get involved, sponsor, volunteer or register a booth please visit <https://www.atlanticvitalityexpo.ca/>



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