

Workplace Wellness is offering Free Virtual Fitness Classes

Looking at ways to stay physically active?

Workplace Wellness has joined forces with **LIVNORTH** to bring virtual classes to our people of Sinai.

The videos are short, easy to understand, can be done with no equipment and can be followed anywhere! The workouts / classes will be updated and refreshed weekly and each library has a range of collections with varying wellness topics for all levels. [Click here to access](#) and use the log in information below.

USERNAME: livnorth@wellnesssolutions.com.au

PASSWORD: Mywellness1!

Questions? Email workplace.wellness@sinaihealth.ca

