



Seniors Information Center - Provider Information Sheet

Provider Name:

Choi Kwang-Do

Address:

29 Westwood Boulevard

City/Town:

Upper Tantallon

Bus. Phone:

902-237-2484

Email:

canadackd@gmail.com

Contact Name:

Prasanna Kariyawansa

Postal Code:

B3Z 1H3

Fax:

Website:

www.canadackd.com

Description of Services:

Classes of yoga stretches, bio-mechanical instruction, interval training, self defense techniques

Provider's Remarks:

Promotes healthy and active living while learning practical self defense techniques.

Optional Information:

Insured: **No**

Licensed: **No**

Bonded: **No**

BBB: **No**

Srs. Discount: **No**

Free Estimate: **No**

Home Based: **No**

Local: **No**

Knowledge Based: **No**

Disclaimer: The above information was submitted by the service provider or generally available to the public. Their services are not endorsed or recommended by Seniors Association of St. Margaret's Bay over other providers.

Please contact the service provider to verify information, check references, etc.