



YMCA-YWCA of the  
National Capital Region

The Fitness Education Centre  
Congratulates

**Paula Hickman**

for completing

**the Fitness Leader Certification  
Course Specializing in Older Adult**

*Building healthy  
communities*

Coordinator: **Jane Fitzpatrick** | Date Completed: **May 29<sup>th</sup>, 2014** | Expiry Date: **May 29<sup>th</sup>, 2016**