



DEALS & DISCOUNTS

FOR NSTU MEMBERS INCLUDING RTO MEMBERS!!



Subject to change without notice. Updated May 8, 2017.

ACCOMMODATIONS

NSTU Contract Hotels

DELTA BARRINGTON & DELTA HALIFAX

Please be advised that effective immediately, the contract hotel for all Nova Scotia Teachers Union business is The Delta Halifax

NSTU Business

\$94.00 single/double occupancy, per night

- Includes Parking for one vehicle
- Free Local and Long Distance Access Fees
- Free High Speed Internet
- Full hot buffet breakfast for one person in Harbour City Bar and Grill

NSTU Leisure

DELTA HALIFAX and **DELTA BARRINGTON**: \$109.00 to \$149.00 per night including a special parking rate of \$10.00 per day (self-parking)

Let the Delta Hotels Halifax set the tone for an unforgettable visit here in Nova Scotia. Our hotel benefits from an outstanding location, directly on the harbour in downtown Halifax, Nova Scotia, providing unparalleled access to the city's top attractions. Our four-star rooms and suites offer a range of premium amenities, such as free Wi-Fi access, ultra-comfortable Sanctuary bedding and simply breathtaking views of Halifax Harbour. Additional perks for your visit here to downtown Halifax include a fully equipped fitness centre and a heated indoor pool, as well as award-winning cuisine at Harbour City Bar and Grill, our signature restaurant. Those seeking a distinctive venue for their event in Nova Scotia should look no further than our hotel; we offer almost 10,000 square feet of adaptable event space, along with an accessible downtown location near Halifax's top shopping, dining and attractions. Contemporary elegance and world-class service await you here at the Delta Hotels Halifax.

The Delta Halifax can be reached at 902-425-6700/1-888-423-3582. The Delta Barrington can be reached at 902-429-7411. Reservations can also be booked online through **Marriott.com** using the Corporate discount code YTY or clicking on the direct booking link below:

Book your corporate rate for Nova Scotia Teachers Union

THE WESTIN NOVA SCOTIAN - Halifax is pleased to be the contracted overflow hotel for NSTU members. The discounted leisure travel rates include high-speed Internet access, local calls, free parking and are based on single/double occupancy. **Standard Rooms (2 Doubles or 1 Queen) July 1, 2016 to June 30, 2017 \$109.00.** For comparison, our published rack rates are in \$289 high season and \$249 low season.

Contact the Westin at 1181 Hollis Street, Halifax, NS B3H 2P6; toll free 1-888-627-8553 and mention **rate code NSTU** to make your reservation or <http://www.thewestinnovascotian.com/nstu-employees> to book directly online. Based on availability.

BELGRAVIA BED & BREAKFAST in Truro offers a 15% discount to NSTU members. For more info call 902-893-7100 or 1-866-877-9900.

BEST WESTERN PLUS CHOCOLATE LAKE HOTEL, HALIFAX Located at 250 St Margarets Bay Road, Halifax, NS B3N 1J4, offering NSTU business a rate until December 31st, 2017. Business travel rate \$105, Leisure travel rate \$115. Rate includes FREE hot breakfast buffet, FREE parking, FREE Wi-Fi and FREE local calls. NSTU membership identification is required. NSTU rate is for one room booking per NSTU membership card. The Best Western Plus Chocolate Lake Hotel reservation can be reached at 902-477-5611 press option 0, FAX 902-404-3376 or email res@chocolatelakehotel.com. Rates based on availability. Some conditions apply. Call us today for more information or visit our website www.chocolatelakehotel.com

CAMBRIDGE SUITES, HALIFAX - offers NSTU/RTO members the following rates for 2017: \$120—includes continental breakfast, wi-fi and free local phone calls January to April and November to December. \$150—includes continental breakfast, wi-fi and free local phone calls May to October. Location: 1583 Brunswick Street, Halifax, NS B3J 3P5; Phone: 902-420-0555; Website www.Cambridgesuiteshalifax.com.

CAMBRIDGE SUITES, SYDNEY - The rate until December 2017 is \$130 includes Wi-Fi, free local phone calls and a Hot buffet breakfast. You can now access the special rates for NSTU members when making online reservations at Cambridge Suites Hotel Sydney. Website www.cambridgesuitessydney.com.

CAPE BRETON RESORTS

INVERARY RESORT, 368 SHORE ROAD, BADDECK offers NSTU and RTO members and employees leisure and business preferred rates throughout 2017 (traditional rooms only). January 1 – May 31 starting at \$99 / June 1 – June 30 starting at \$119, hot breakfast included/July 1 – Oct 31 starting at \$159, hot breakfast included/Nov 1 – May 31 starting at \$99. **FOR RESERVATIONS**, call us at 1-800-565-5660. For more information, visit us at www.capebretonresorts.com. Based on single or double standard room occupancy. Blackout dates will apply – please ask when making your reservation. May not be combined with any other promotional rates or discounts. Not applicable to group bookings.

DUNDEE RESORT AND GOLF CLUB, 2750 WEST BAY HIGHWAY, DUNDEE offers NSTU and RTO members and employees a 15% discount on rack rate for the 2017 season, Sunday to Thursday. Black-out dates may apply. May not be combined with any other promotional rates or discounts. Not applicable to group bookings. For more information, visit us at www.capebretonresorts.com.

DIGBY PINES GOLF RESORT & SPA 1-800-667-4637 or www.digbypines.ca. Open mid-May to mid-October. Rates starting from \$115/night plus 15% tax, low season (May, June, September & October); rates starting from \$140/night plus 15% tax, high season (July & August), based on double occupancy, subject to availability, room upgrade fees may apply. Please request the NSTU member rate at time of booking and provide your NSTU card upon check in. Rate is based on leisure travel only and is not applicable to group business.

FUTURE INNS HALIFAX HOTEL & CONFERENCE CENTRE – Located at 30 Fairfax Drive, off of Lacewood Drive in the Bayers Lake Shopping District. We are happy to offer discounted rates for current & retired NSTU members starting at \$105 for a Traditional Room; Executive Rooms \$121; Two Room Suites \$145; and Executive Suites \$161. The NSTU rates include Free parking, Free local calls & Free high-speed Internet. To book a room, simply call 1-800-565-0700 or Halifax@futureinns.com. Based on availability & some conditions apply. Call & speak to one of our friendly staff members for more information.

The brand new **DOUBLETREE BY HILTON HALIFAX DARTMOUTH** is conveniently located right next to the Macdonald bridge and steps away from the Dartmouth Ferry Terminal. Stay with us in downtown Dartmouth and you'll be minutes from downtown Halifax, Dartmouth Crossing and Burnside Business Park. The DoubleTree by Hilton Halifax Dartmouth offers contemporary guestrooms, some with private balconies, boasting spectacular views over the Halifax Harbour! **We are pleased to offer NSTU members and retired members the following rates: May 1 to September 30 – \$129 including free parking / October 1 to April 30 – \$119 including free parking.** Breakfast is available at \$15/person at our onsite restaurant. We are located at

101 Wyse Road, Dartmouth, NS B3A 1L9. Call or email us now to make your reservation. Toll free: 1-800-445-8667 / hotel direct: 902-461-1100.

HAMPTON INN & HOMEWOOD SUITES BY HILTON® HALIFAX DOWNTOWN - are conveniently located at 1960 Brunswick Street in the heart of Halifax and would like to extend a special rate to NSTU/RTO Members.

Hampton Inn, Downtown Halifax

January 1 – May 31 @ 119

June 1 – October 15 @ 144

October 16 – December 31 @ \$124

Homewood Suites, Downtown Halifax

January 1 – May 31

June 1 – October 15

1 – 6 nights @ \$139

1 – 6 nights @ \$169

7 – 14 nights @ \$129

7- 14 nights @ \$159

15 – 29 nights @ \$119

15 – 29 nights @ \$149

30+ nights @ \$109

30 + nights @ \$139

October 16 – December 31

1 – 6 nights @ \$144

7 – 14 nights @ \$134

15 – 29 nights @ \$119

30 + nights \$109

We can't wait to hear from you! To reserve your guest room or guest suite, use your unique booking code online at www.Halifax.HamptonInn.com or www.Halifax.HomewoodSuites.com. You may also call the Hampton Inn directly at **902-422-1391** / 1-855-331-0337 and the Homewood Suites directly at **902-429-6620** / 1-855-331-0334 and speak with one of our Guest Service Agents. The above is subject to availability and blackout dates.

What's included in your Hampton stay: Complimentary Wi-Fi; Complimentary Hot Full Buffet; Complimentary On the Run® Breakfast Bags; and the ability to earn Hilton Honors points.

What's included in your Homewood stay: Complimentary Wi-Fi; Complimentary daily full hot breakfast and evening social (M-Th); Complimentary Grocery Shopping and the ability to earn Hilton Honors points.

HAMPTON INN BY HILTON SYDNEY - NSTU members are welcomed with a special rate from \$129 + applicable taxes from now until December 30th, 2017 (New Year's Eve not applicable). We are also pleased to provide free parking, complimentary beverage at check in, complimentary bottled water in guest room, free wi-fi, free local phone calls and free 24-hour coffee & tea service and a free hot breakfast buffet, along with use of our fitness centre, mineral pool and 90' waterslide. Conveniently located adjacent to the Membertou Trade & Convention Centre and connected via pedway to Kiju's restaurant, the hotel is minutes from downtown, Mayflower Mall, CBU, CB Regional Hospital and much more. 60 Maillard Street, Sydney, NS B1S 3W3. Check us out on tripadvisor or visit us on Facebook. Call 1-855-564-8282 for reservations. NSTU ID is required.

KELTIC LODGE RESORT & SPA - 1-800-565-0444 or www.kelticlodge.ca. Open mid-May to mid-October, based on double occupancy, subject to availability. Please request the NSTU member rate at time of booking and provide your NSTU card upon check-in. Rate is based on leisure travel only, room upgrade fees may apply and is not applicable to group business.

LISCOMBE LODGE RESORT & CONFERENCE CENTRE - Call 1-800-665-6343 or visit www.liscombelodge.ca. Open mid-May to mid-October, based on double occupancy, and subject to availability. Please request the NSTU member rate at time of booking and provide your NSTU card upon check-in. Rate is based on leisure travel only, room upgrade fees may apply and is not applicable to group business.

THE FARMHOUSE INN - in Canning, just outside Wolfville in the Annapolis Valley, offers an additional 15% off winter rates to NSTU members. The discount will apply from November to April each year, excluding packages, New Year's Eve, Valentine's weekend and special events weekends. Visit www.farmhouseinn.ns.ca.

THE PRINCE GEORGE HOTEL is a luxury hotel—completely renovated from top to bottom—located in the centre of downtown Halifax. **The NSTU/RTO rate for 2017 (until December 30, 2017) is \$117.00; which includes local phone calls & free wi-fi.** Check us out for business or pleasure. Conference delegates will be in a perfect location to explore the city. Also connected to the Downtown Link indoor pedway provides many options for shopping, entertainment, dining and accessing the Halifax waterfront without going outdoors. The Prince George Hotel is located at 1725 Market Street, Halifax, Nova Scotia, B3J 3N9; General Enquiries: 902.425.1986 / Make a Booking: toll-free 1.800.565.1567 or direct 902.425.6066; www.princegeorgehotel.com.

THE WAVERLEY INN - offers NSTU members a 10% discount. Located at 1266 Barrington Street, Halifax, NS B3J 1Y5; Phone 902-423-9346/1-800-565-9346; website www.waverleyinn.com

HOTEL DISCOUNT PROGRAM - We are proud to now offer our very own NSTU Member Discount Hotel Program, provided for the exclusive access of our members and their families. Why? Because our teachers deserve it! Teachers and their families may now search and book hotel discounts around the world. Our savings may exceed 50%, and average 10-20% below market rates. To take advantage of these savings, simply enter your destination of choice and travel date in the convenient search widget on our site, and follow the instructions to log-in.

Virtually all worldwide hotel rates are discounted...some by a little and some by lot...and there are no added service fees, so our deals will compare favourably with any alternative source for making hotel reservations, including all online travel agencies as well as booking direct with the hotels. In addition to our great rates, we also offer our members the best worldwide hotel inventory, as measured

by (i) number of property listings, (ii) room availability, and (iii) rate types to choose from. And don't worry, we don't impose any onerous change or cancellation policies, other than simply passing along the terms and conditions offered by the hotels. So, you can book with confidence!

PERSONAL CARE

CANADA GAMES CENTRE, located at 26 Thomas Raddall Drive, **IS NOW OFFERING CORPORATE RATES TO CURRENT AND RETIRED NSTU MEMBERS AND THEIR FAMILIES.** The offer is applicable to all new memberships. Rates for current members will be revised at the time of renewal when requested.

The Canada Games Centre is committed to the promotion of healthy and active living. Built as a legacy to the 2011 Winter Canada Games, we are a community recreation centre that provides opportunities and access for sport and recreation at all levels. Expand your physical activities in our 176,000 sq. feet facility — where everything you need to get fit and stay healthy under one roof.

Your membership will allow you to swim, dive, and float your way around our Aquatics Centre (3 pools, Hot Tub, Dry Sauna, Water Slides). Stay motivated with a large variety of specialized weight training and cardio equipment in our Fitness Centre (ages 14+). Hone your basketball skills or play for fun in our Field House. Stretch your legs on our 6-lane, 200m indoor Track or choose from over 50 Drop-in Fitness Classes a week.

Membership exclusives include bi-weekly payment plans, advanced registration for programs (including swim lessons), summer camps and after school programs, member only swim times, advanced badminton court bookings and the very popular option to freeze your annual membership for a maximum of 3 months. Plus we have free on-site parking, day-use lockers (just bring your own lock) and worry-free automatic renewal.

Need a boost to get motivated? Consider working with our certified Exercise Specialists and receive special member rates. Included with your membership is a free 45 minute Simply Fit Orientation designed to give you strategies and techniques to help you achieve your goals.

So whether you're young or young at heart, the CGC offers something for everyone. For more information or to book a tour, contact our Membership Coordinator at 902.490.2291 or membership@canadagamescentre.ca. Visit our website at canadagamescentre.ca.

COMFORT ORTHOTICS & PODIATRY CLINIC - Custom Made Orthotics \$295 fabricated on-site and ready for pick up in one week. Each additional pair from the same cast (within a 2 year period) is 40% less, only \$175/pair. Footwear \$10 discount on regular priced shoes — Over 20 brands and 160+ styles in stock - Receive FREE pair of All Days Socks with purchase of footwear. Sigvaris Medical Compression Stockings — Free gloves and wash solution with purchase. Receipts will be issued for claims through your medical

plan. Sunnyside Mall (2nd level) – 1595 Bedford Hwy, Suite 205-
Tel: 902-835-7463 or toll Free 1-855-835-7463 Website: www.comfortorthotics.ca - We are with you every step of the way!

THE COMPASS ROSE HEALTH AND WELLNESS CENTRE is offering all current and retired NSTU members a **10% discount on a Float Membership** and **50% off a first time regularly priced float session**. At The Compass Rose Health and Wellness Centre, our first priority is to make anyone who comes through our doors comfortable and at rest.

We offer a range of services that promote relaxation and rejuvenation. Float therapy, massage therapy, auricular acupuncture, sensory therapy and counselling therapy are some of the services we offer. Our centre offers rooms for professionals, workshop facilitators, and any one seeking a quiet and professional space to meet. All clients have access to complimentary tea, coffee, water, and wi-fi in our Chill-ax room.

We also provide an opportunity for children to learn, relax, and explore in our Sensory Room. This is a multi-functional room that can be used for therapy, relaxation, and child programming, while care givers relax and enjoy our other services.

Float Therapy or R.E.S.T. (Reduced Environmental Stimulation Treatment) has been described as “meditation for lazy people.” Your experience begins as you enter your private room and shower. Climb into your personal Float Pod filled with a dense Epsom salt (magnesium sulphate or epsomite) warmed to body temperature. Adjust your music or lighting and lay down. The superior buoyancy of the salt solution produces a near zero gravity experience. All that remains is to close your eyes and melt.

With repeated treatment some people appear to establish new set points in the body—allowing them to cut back on pain medication.

Our Float Membership is designed for those who love to float. Each month you are billed \$59 and receive a float that is banked and never expires. As a member, each additional float is charged \$59 and if you bring a friend they receive that float for the same price. There is no limit to the number of floats per month. Also watch for our many specials and seasonal packages.

For more information, please visit our website, www.thecompassrose.ca or call (902) 346-2158. Additional information about float therapy is available online at www.floathalifax.ca and on our facebook page.

CRESTHAVEN LASER & SKINCARE CLINIC - is delighted to offer a **30% discount off any regularly priced service to NSTU members**. At CRESTHAVEN LASER, you will love our friendly, professional and privately owned clinic that offers Laser Hair Removal, Photo Rejuvenation, Body Slimming, Cellulite Reduction, Skin Tightening and more. We specialize in FDA approved laser treatments to improve skin care and to help reverse aging, acne, sun damage, rosacea, hyper pigmentation, etc.

You are our best source of advertising! At Cresthaven Laser we want to help you look and feel you're personal best. Cresthaven Laser is built on referrals and therefore, we take great pride in

insuring that our clients receive individualized care, with effective results each and every time.

Our personalized one on one attention, before, during and after treatments is what sets us apart. Our goal is to ensure each customer receive not only affordable treatments but, great value with the highest degree of customer service. Please visit our website and call to book your free consultation today at 902-401-0909 or info@cresthavenlaser.ca or www.cresthavenlaser.ca

DANIEL DANIEL DENTISTRY - We want to show you support by giving you more reasons to smile! We provide a full range of general and cosmetic dentistry services in our state of the art facility. Our team use the latest technology to provide you with a healthy smile in a very comfortable setting. From normal cleanings, to porcelain veneers, to Invisalign, to dental implants, to teeth whitening and everything in between. Our new location [6417 Lady Hammond Road, Halifax] offers lots of free parking, charges standard dental fees, direct bills your insurance, AND we are the only dental office in HRM giving you Air Miles on every visit! Our convenient hours of operation allow you to schedule your appointment before or after work, and we are even open on Saturdays [902-404-3369 ext 1].

Our way of showing support to all NSTU members and retired members is gifting you with 50 BONUS air miles on your first visit, DOUBLE air miles at every visit and EVERY year (as long as you have 2 cleanings a year) you will receive a \$450 professional whitening gift card that you can give to family or friends, or use for yourself! Now that's something to smile about.

ENLIGHTEN LASER & SKIN CARE CLINIC is thrilled to offer a **15% discount** on services to NSTU members. Owned and operated by an NSTU member, Enlighten offers **Laser Hair Removal, Body Slimming, Cellulite Reduction, Skin Tightening, Photo Rejuvenation, Rosacea Treatment, Manicure, Pedicure, Facials** and more. At Enlighten, our goal is to provide FDA approved, effective and affordable treatments while ensuring client comfort, privacy and satisfaction. We pride ourselves on personal attention, communication and individualized care before, during and after treatment. We believe that flawless skin is possible at any age. Whether your concerns are to maintain youthful skin or to address the needs of maturing skin we are able to offer a wide range of skin care therapy and services. Client education is a priority at Enlighten and we pride ourselves on supporting individuals as they make informed choices regarding skin care treatments. To **book** your **FREE** consultation in **Dartmouth** call 902-404-4471 | **Bedford** call 902-835-2800 | **Truro** call 902-895-1011. For complete details, visit us at enlightenlaser.ca

ETERNO LASER & MEDISPA, All NSTU members, including retired members are invited to visit us at one of the most beautiful & relaxing spas in the Annapolis Valley! **How does 15% OFF sound?** We would be pleased to have you enjoy this discount (with your NSTU ID) on a number of our services, including: Traditional and Medical Esthetics; Laser Hair Removal; Photo, Oxygen & Multiderm Facials;

Laser Tattoo Removal with Atlantic Canada's only Quanta Q-Plus Laser™; Registered Massage Therapy; Registered Acupuncture; and more! We offer special package pricing for all Laser and Light Therapy treatments as well as a special 50% discount on treatments done with Nova Scotia's only Venus Freeze™. Please visit our website for a full list of products and services and to see our staff profiles! Eterno Laser & MediSpa • 16 Webster Court • Kentville, NS • 902-365-7546 • www.eterno.ca

FEIT PHYSIOTHERAPY - Are pleased to offer NSTU members (including RTO members) a 20% discount on all Physiotherapy services and Registered Massage Therapy services. We are locally owned & operated and have direct billing available. No referral necessary. We are located at 254 B Prince Street, Sydney, N.S. B1P 5K6; (T) 902.564.1400 (F) 902.564.1401; website: www.feitphysio.com; email: feitphysio@bellaliant.com. **VISIT US TODAY AND FEEL BETTER. MOVE BETTER. BE BETTER.**

FIRST IMPRESSIONS MEDICAL AESTHETICS & REJUVENATION CLINIC - 319 Charlotte St, Sydney, 902-322-6805 - OFFER DISCOUNTS TO ALL NSTU ACTIVE AND RTO MEMBERS. We're here to help you rejuvenate, reverse aging, sun damage, acne, hyperpigmentation, double chins and more. Discount includes, Botox, Xeomin, Juvederm, Belotero, Teosyl fillers, chemical peels and Belkyra. Professional, experienced, licensed staff with advanced training offer services in a discrete, comfortable, spa setting. Informed, personalized care and attention before, during and after treatment. Gift certificates available.

15% off consultations*

\$50 off Botox, Xeomin & fillers*

10% off chemical peels*

\$100 off Belkyra*

*****Offer is not valid in conjunction with other offers or promotions. Must present nstu id at time of checkout.**

Website: www.CapeBretonBotox.com

Facebook: www.facebook.com/medicaaestheticsCapeBreton/

FOREVER HEALTHY ALLERGY ELIMINATION CENTER - provides holistic medicine to treat and eliminate allergies and physical symptoms. The initial assessment is not covered by the teacher's insurance; however, the treatments are under Acupuncture and also Natural Therapies. A discounted price on the initial assessment is offered to NSTU members.

Holly Bourque, RN, R.Ac, DNM®, RAP®, Energy Practitioner - Allergy Specialist, Owner, Forever Healthy Allergy Elimination Center, 238 Main St, Yarmouth NS; Phone: 902.881.4865

GOODLIFE FITNESS - NSTU members who have a payroll deduction function through their school boards or work sites can take advantage of a Corporate Rate through Goodlife Fitness.

HEALTH COACH, PAT WALLACE, would like to offer NSTU active and retired members, **a 20% discount** on the initial assessment fee for health coaching. A health coach is trained to utilize effective behavioural psychology principles to assist people to make lifestyle changes like weight loss, regular exercise and nutritional modification. A health coach can help individuals clarify their health goals. Once clarified, the health coach then helps them implement necessary behaviours, attitude, and lifestyle changes to achieve their goals. Pat is an ACE certified coach and has worked within the fitness and health industries for over 33 years. You can contact Pat at Maritime Physiotherapy, 110 Wyse Road, in the Dartmouth Sportsplex. Phone - 902-463-6083 or by email at info@maritimephysio.ca

MARITIME MASSAGE HEALTH CLINIC, Halifax gives a 15% discount for the first visit, then 10% to NSTU members. Phone: 902-423-2455.

NATASHA GILLAM, RMT - Providing therapeutic massage services to Halifax's North End, Natasha Gillam, RMT takes a holistic approach to treatment. Specializing in injury rehabilitation, chronic pain, neurological conditions and of course, relaxation. We provide direct billing for most Blue Cross and Great West Life health plans and a 10% discount for members of the NSTU. Located at **2369 Agricola Street, Suite 202, Halifax, NS B3K 4B7**; Phone **902-492-3893** or visit www.natashagillamrmt.com to book online.

NATURAL PATH MASSAGE THERAPY, 81 Queen Street, Dartmouth, NS will offer NSTU members **\$20 off** their first massage and a free sauna. Contact 902-463-9351, naturalpath@ns.sympatico.ca or visit www.mynaturalpath.ca

NATUROPATHIC DOCTOR, ERIN BALODIS - As a general practitioner, Erin welcomes the opportunity to treat patients of all ages. She has a solid background in nutrition, and emphasizes whole food nutrition, going back to the basics with food along with nutritional supplementation when necessary. She has a keen interest in botanical medicine, using herbal tinctures and standardized extracts of herbs as treatment. Asian Medicine including acupuncture is another treatment option that Erin is fully licensed in, and enjoys using. She abides by the Naturopathic medicine principles by supporting patients to achieve their optimal health. She thoroughly enjoys sharing her knowledge, facilitating people on their journey to good health! **NSTU members can enjoy 15% off the initial visit.** Direct billing is available and Dr. Balodis is registered with Medavie Blue Cross. Located at Kingswood Chiropractic Health Centre, 1210 Hammonds Plains Road; 902-832-1411; OR Dr. MacAdam Chiropractic and Associates, 6777 Quinpool Road, Halifax; 902-407-3347; OR 71 Duke St., Chester; 902-802-1257. Visit www.erinbalodis.com for more information.

REMEDY FACIAL BAR & SPA is pleased to offer members of the Nova Scotia Teachers Union 10% off regularly priced Massage Therapy with our licensed RMT Tricia Elliot with the presentation of NSTU ID. We can do direct billing with Blue Cross and offer Registered Massage Therapy receipts for other health plans. Please mention

the NSTU discount when booking and paying. Located at 1546 Granville Street, Halifax; 902-425-7586; www.remedyspa.com.

ROACH CHIROPRACTIC AND LASER CENTRE located at 1160 Bedford Highway, focuses on spinal health and the treatment of subluxations, pain, nerve damage, work related injuries, auto injuries, and sports injuries.

Regardless of your age, size, fitness level or condition, we tailor our treatment programs to your individual needs. We understand that patients expect the best care, an honest assessment and true concern for their health. At Roach Chiropractic Centre, our mission is to touch the lives of as many people as possible through the highest quality chiropractic care so they can achieve and maintain their optimal health potential naturally without drugs and surgery.

We are pleased to offer all NSTU members a complimentary consultation (\$85.00 value) which includes orthopedic and neurological testing, range of motion assessments, doctor consultation as well as a full health history.

Call **902-404-3828** or visit www.roachchiropractic.com for more information and to book your appointment today.

SOLES IN MOTION, 121 Ilsley Ave., Dartmouth, offers NSTU members \$10 off orthopaedic footwear (including the Dansko line of footwear) as well as a 10% discount off regularly priced athletic footwear and clothing. Contact us at 902-468-7911 or www.solesinmotion.ca.

SOUND CHIROPRACTIC AND HEALTH SCIENCES CENTRE is a multidisciplinary healthcare clinic **offering a 10% discount to NSTU members. NSTU ID is required in order to receive your discount.** We care about your health and will work with you to help you empower your body, mind and soul! We specialize in supporting wellness by addressing the cause of the disease in the body, through mobility issues, postural weaknesses, office ergonomics and lifestyle choices. We offer chiropractic, naturopathic care, acupuncture, nutritional rehabilitation and lifestyle coaching to help you achieve your goals. **Locations:** Sound Chiropractic - Bedford, Unit 205 - Nine Mile Circle, 620 Nine Mile Drive, Bedford, NS B4A 0H4 | Sound Chiropractic - Dartmouth, Unit 9 - 71 Ilsley Ave., Dartmouth, NS B3B 1L5 **Contact info:** (902) 444-4666 ext. 1 | info@soundchiropractic.ca | www.soundchiropractic.ca **Join us on:** Facebook ([/soundchiro](https://www.facebook.com/soundchiro)) | Twitter ([@soundchiro](https://twitter.com/soundchiro)) | Linked In ([/SoundChiropractic](https://www.linkedin.com/company/soundchiropractic)).

SG COSMETIC [BOTOX • LASER • FILLERS • SWEAT MANAGEMENT • SKIN CARE] AND SG-MEDI-SPA [AESTHETICS & COSMETIC MEDICINE] offer a 10% discount to all NSTU members! Discount includes laser hair removal, Botox and juvederm fillers, chemical peels and spa services. Professionally trained and experienced staff under the direction of Dr. Ken Chisholm. A private setting, free parking and gift certificates are available at each location. SG Cosmetic is located at 6088 Quinpool Road, Halifax, 902-429-8784, www.sgcosmetic.com and sg • medi • spa is located at 463 Main Street, Wolfville, www.sgmedispa.com.

THE PHYSIOCLINIC - In our treatment plans we are pleased to **offer every 6th Physiotherapy or Therapeutic Massage session as free** (equating to a 20% discount). This means that you get more visits per year for your insurance coverage. Teachers are accustomed to nurturing everyone but themselves, take time to care for yourself after a hard day at work. Most educators are dealing with some kind of postural stress and our services can help. With 12 locations in Nova Scotia we are proud to support NSTU & RTO members with a discount on Physiotherapy and Therapeutic Massage Therapy Services. Our clinics are located in HRM, Pictou, Truro, Bridgewater, & Liverpool. We offer daytime and evening appointments, and direct billing. Clinic locations near you, can be found at www.physio.ca or by calling 902.453.2627 or toll-free at 1.855.4PHYSIO. You can also book On-Line at www.physio.ca

BOOKSTORES

TATTLETALES, Penhorn Mall, 535 Portland Street, Dartmouth offers a **20% discount** to NSTU members. 902-463-5551; tattletales@ns.aliantzinc.ca

WOZZLES, Halifax offers **20% off** classroom purchases to NSTU members. 1533 Birmingham St, Halifax, NS B3J 2J6. 902-423-7626.

MISCELLANEOUS

BANANA REPUBLIC is currently offering a teacher discount of 15% off regular price merchandise in their Halifax store and 10% off in their factory store in Dartmouth Crossing on reduced priced merchandise. Teachers need to show appropriate ID at the register to receive the discounts. We can add you to our Gold Book so that we can keep you and your colleagues informed of special offers. Halifax Shopping Centre, 7001 Mumford Road, Halifax, NS B3L 4N9; 902-454-8071 (Halifax) / 902-481-9430 (Dartmouth); bananarepublic.ca

BENJAMIN MOORE BAYERS LAKE offers NSTU members \$5 off cans of paint. NSTU identification is required. Location: 120 Susie Lake Cres., #19, Bayers Lake, Halifax; PH: 902-446-3990.

BOSE CORPORATION is currently offering special savings (up to 15% off) to members and retirees of the NSTU. Receive savings on most Bose products including music systems, headphones, Bluetooth® Speakers, surround sound systems and solutions for today's most popular portable music devices. Enjoy Bose sound at homes and school. For more information or to place an order call 1-800-341-2073 and ask for the "Educators Canada Program." Savings only available by phone.

BOUNCE KINGDOM PARTY & EVENT RENTALS - located in Berwick in the Annapolis Valley, **offers a discount to NSTU members** when booking Winter Carnivals and Safe Grads ([call/email for details](mailto:bouncekingdom@gmail.com)). For more information, call 902-680-1056; bouncekingdom@gmail.com or check out www.bouncekingdom.com.

BUDGET RENT-A-CAR MARITIMES offers a discount to NSTU members at the following locations ONLY: Halifax/Dartmouth, Sydney, Port Hawkesbury, Yarmouth, Moncton, Saint John, Fredericton, and Charlottetown. For more information, contact Budget Rent-A-Car in your area (in Halifax dial 902-492-7500 and press 1) or call 1-888-492-4888.

CANADIAN PUBLIC EMPLOYEE ACQUISITION CLUB - CPEAC is an exclusive public employee discount program available to all members of the Nova Scotia Teachers Union. Each month, CPEAC sends a key link to registered members offering deals and discounts from a wide variety of businesses. CPEAC is registered with the Better Business Bureau and does not share member information with sellers or retailers. Go to cpeac.org to register for the program.

CHRIS SCOTT AUTOMOTIVE - Offers NSTU members 15% off Krown rust control application. Located at 1775 Sackville Drive, Middle Sackville, NS; phone 902-865-2043.

DISCOUNT CAR AND TRUCK RENTALS offers a discount to NSTU members. By quoting **#46129** each time you require a rental vehicle you will be able to save up to 40% off leisure rates. Rates are guaranteed in Nova Scotia and New Brunswick. Vehicle rentals available are compact, midsize, full size, minivan, SUV, 1/2 ton pickup, crew cab, cargo van and cube truck. Visit the website at www.discountcars.ca. Please call 902-453-6762 for reservations. Nova Scotia locations are Halifax (2710 Agricola St.), Dartmouth (135 Ilsley Ave., Unit A), Halifax Airport (Quality Inn, 60 Sky Blvd.), Kentville (7145 Hwy 1), Sydney (81 Victoria Road) and Truro (70 Juniper St.). New Brunswick locations are Bathurst, Dieppe, Moncton, Fredericton, Sussex and Saint John.

DULUX PAINTS - <http://www.dulux.ca/> — **25% OFF our Manufactured Paints.** NSTU ID at time of purchase. Come into our stores and get a free Dulux Club Membership. Locations: 435 Grand Lake Road, Sydney (902-562-1170); 5651 Kaye St., Halifax (902-453-2560); 177 Wyse Road, Dartmouth (902-463-5222); 75 Akerley Blvd., Burnside (902-468-3965); 1746 Bedford Highway, Bedford (902-835-1300); 50 Tacoma Drive, Dartmouth (902-434-8292); 155 Chain Lake Drive, Halifax (902-445-5267).

FRAME EXPRESS - Custom Framing, Plakmounting and Prints **offers a 30% discount** on all custom framing and plakmounting (also guarantees their price is the best in the city and beats all written quotes by 10%) to NSTU members upon presentation of their ID card. Dartmouth Location, 10 Morris Ave., Unit 34 (off Akerley Ave.); phone: 902-468-5600.

GCR TIRE CENTRES (formerly Crown Tire) - offer NSTU Members a 15% discount off regular selling price of Bridgestone and Firestone Passenger/Light Truck tires. Also, a 10% discount off current retail price on any car service (brakes, alignment, oil changes). GCR Tire Centres are located in Antigonish, Bridgewater, Dartmouth, New Glasgow, New Minas and Truro.

GRAND & TOY - Working with teachers so students can be their best! Take advantage of Grand & Toy's low pricing. Contact Account Manager, School Supplies. Toll-free: 1-888-456-1258 ext. 271.

GRANITE SPRINGS GOLF COURSE - Granite Springs Golf Course is proud to present a discount on our Corporate Lighthouse Passes to all members of the NSTU. All members are able to buy 10 pass packages at the 30 pass package rate. What does this mean? You're able to get 10 rounds of golf at \$30 per round, which are normally \$40 per round! See below for details: **NSTU Lighthouse Offer** - 10 Lighthouse Passes (10 Rounds of Golf) for \$300; Passes are 100% transferable - use of up to 8 per visit, split between friends/colleagues; Good for tee times any day/time; 4 day advance booking; 20% off guest green fee; and 20% off carts. **Contact Tim to secure - 902-717-0335 or tim@granitespringsgolf.com**

WE AT GROPRO WOULD LIKE TO EXTEND A 10%* OFF DISCOUNT TO MEMBERS OF THE NSTU AND RTO FOR ALL ORDERS COMING THROUGH GROPRO GROCERY DELIVERY SERVICES. We support local producers and by ordering in our Buy Local section on GROPRO.CA you can too. We require no pre-payment, accept Cash, Debit, Mastercard and Visa right at your door and will bring all your groceries or other items right to your kitchen! Over 20 local suppliers and thousands of popular products for you to choose from on our online store! Not familiar with the internet? No problem we take telephone orders as well. Visit our website GROPRO.CA or give us a call at **902-441-7041** to book your delivery time! ***Discount not to be combined with other offers or promotions***

HOUSE OF AUTO DETAILS - Nova Scotia's only 100% chemical free interior Detailer's. **We offer 15% off all our services to all NSTU members.** Including Krown Rust Control, Aquapel treatments, Auto detailing (including shampooing). House of Auto Details, 9 Symonds Road, Bedford, NS B4B 1J5; phone: 902-404-1500; website: www.houseofautodetails.ca. Contact: Natalie Frederick-Wilson at natalie@houseofautodetails.ca

INTREPID TRAVEL - NSTU Members save 10% on trips with Intrepid Travel! For travellers with a yearning to get off the beaten track, Intrepid opens up a whole new world of adventure travel. From the colourful landscapes of Latin America to the wilds of Africa - come with us to discover real people, real cultures and have incredible real life experiences along the way. For full details visit www.intrepidtravel.com/teachers.

KRAVE BURGER is taking Halifax's burger game to the next level - serving up award-winning local, grass-fed beef burgers and chef-created comfort foods, in a relaxed, modern dining area, with friendly and attentive service. Located at 5680 Spring Garden Road, Krave Burger offers a varied menu, including gluten-friendly and vegetarian options. The bar is fully-licensed, including delectable spiked milkshakes and exclusive Krave Lager from Propeller Brewing

Co. There are TVs for sports viewing, USB ports for device-charging, and a variety of seating options for any dining experience.

Krave Burger is pleased to offer 10% off on regular-priced combos to all NSTU/RTO members. The discount is available anytime, with both dine-in and take-out orders, but not valid with other discounts or promotions. Please call us at **902.407.5728** with any questions.

MICHAELS - 15% off your entire purchase every day! Some exclusions apply, see a store associate for details. Create for your Classroom. Michaels has all the ideas you need to create a one-of-a-kind classroom! From bulletin board ideas to fun and educational games, we have the inspiration you need to make your classroom a fun place to be. Two Locations: 45 Washmill Lake Court, Halifax, NS B3S 1B9; 902-450-0288; Store Hours – Monday to Saturday: 9-9 pm & Sunday 10-5 pm. and 15 Leclair Row Road, Dartmouth, NS B3B 0C6; 902-461-3032; Store Hours – Monday to Saturday: 9-9 pm & Sunday 10-5 pm.

MIDAS - TOTAL CAR CARE - All locations in Nova Scotia. Offers 10% off parts. www.midas.ca

NATURAL LIGHT SUNSPACE is delighted to offer a **\$500 discount** off any 3-Season Sunroom, Screen-room and Permanent Awnings to all NSTU members. Take your deck to the next level with our beautiful permanent awning, screen room or sunroom products. Turn your backyard into a retreat that you can use for most of the year so you can truly enjoy your patio furniture, backyard, hot tub, pool...

Can you imagine: Barbecuing all year long out of the elements; Having a bug-free screened room for your hot-tub; Being protected from harmful UV and being cool on hot scorching sunny days; Keeping your expensive patio furniture from fading in the sun; Having dry cushions after a rainy day or a heavy fog; No worries about heavy winds blowing away your umbrella, sunshade, awning or gazebo; Extending your patio or deck usage in comfort for as much as 9 or ten months of the year; A permanent awning that is built for our Nova Scotia climate & snow load but does not darken adjacent rooms; Creating a nice quiet place to get away from the rat race or have a social or family event; Having a roof or room system that is perfect for your home, RV or Cottage.

Natural Light Sunspace offers: Permanent Awnings; Patio Covers; Screen-rooms and integrated railings; 3-Season & Extended Sunrooms; Sunshades; Aluminum and Glass Railings; and Aluminum deck systems.

Check us out online at www.naturallightsunspace.ca or call **902-499-4484** to set up an appointment to view our showroom @ 22 B Topsail Court, Unit 3, Bedford, NS. Get away without going away! Get your free estimate today!

SUNSPACE SUNROOMS & AWNINGS - 22 B Topsail Court, Bedford, NS by appointment only - call 902-499-4484; www.naturallightsunspace.ca

NEPTUNE THEATRE - NSTU members receive a **20% discount on Adult single tickets** for plays in the 2016-2017 Regular Season (excluding D Seating in FH and C Seating in Studio Theatre) plus 20% off the Our Plays, Your Way 3, 4 & 5 Packs. **Use Promo Code 2016NSTU.** Phone the Neptune Theatre Box Office at 902-429-7070 or 1-800-565-7345 or visit www.neptunetheatre.com and identify yourself as an NSTU member using your ID# to receive the discount. This discount cannot be combined with any other discount (ie. Seniors discount). Does not apply to Bonus Features. All regular service charges and HST will apply.

NOGGINS CORNER FARM - 10009 Hwy 1 Greenwich NS, **is pleased to offer NSTU members a discounted rate of \$7 to our Fall Corn Maze when you bring your family (proof of membership required).**

In the fall, as a way to celebrate harvest, Noggins Corner Farm offers a themed interactive corn maze which is perfect for families to “get lost” and enjoy the crisp fall air. In addition, visit the U-Pick apple orchard where you can pick over a dozen varieties and enjoy a wagon ride.

Noggins Corner Farm also offers curriculum based agricultural and environmental programming for grades primary to six (and adaptable programs for junior high and high school). Our school tours are teacher friendly, hands-on and interactive, which makes for a fun and memorable day. We offer spring and fall programming which explore the following topics: the importance of bees, ponds and wetlands, soil composition, fall harvest, an historical journey through Acadian land and the evolution of farming technology.

For more information about the corn maze or school tours visit www.nogginsfarm.ca or contact Cristen at 902-542-5515 ext. 23, tours@nogginsfarm.ca.

OH MY SOLE! Young Kempt Centre, 6061 Young Street, Halifax offers NSTU members \$10 off any regular priced pair of shoes in the store. Call 902-423-8288 or visit www.ohmysole.com

PAPA MARIO'S PIZZA - Two locations to serve you in the HRM - 6954 Mumford Road (Halifax Shopping Centre Annex) and 1283 Barrington Street, Halifax offers a 10% discount to NSTU members on food orders only. Papa Mario's also offer catering of more than just pizza - they have veggie/meat/fruit trays as well as salads and wraps. School lunch program is available (pizza with a whole wheat crust!) Visit their website at www.papamarios.com or phone 902-421-2121. Contact is Albert at 902-425-0000 or 902-877-0247.

PARK 'N FLY - Halifax Stanfield International Airport **offers a 20% discount to NSTU members.** The Code 739987 can be used anytime at the lot/booth, kiosks in the Halifax Airport and even the PNF online portal www.parknfly.ca then click on “Corporate Program” at the top of the screen and enter the code number and dates and a coupon will be available to print. For further details contact: Park 'n Fly, 668 Barnes Drive, Enfield, NS B2T 1K2; Tel: 902-873-4574; CS_Halifax@parknfly.ca / www.parknfly.ca/halifax/en/halifax

PEPCO FUEL - Discount Offer. As an eligible NSTU/RTO member you will receive:

- 7 cents off posted residential price on every home heat fuel delivery made on automatic delivery.
- Special offers on Residential Propane.
- Special offers on the purchase of the Pepco Protection Plans.
- Special offers on the purchase of new heating equipment.
- Special offers for signing up on automatic delivery and EFT.
- Refer a Friend or Neighbour Program.

For Program details contact: Daniel Hiltz at 902-220-9291

QUALITY FOOTWEAR & MAHONE BAY TRADING COMPANY

offers a 10% discount on “regularly priced footwear” to currently employed NSTU members. This discount is offered at all three of our locations — 201 Chain Lake Drive, Halifax (902-444-4229); 5657 Spring Garden Road, Halifax (902-423-4369); and 544 Main Street, Mahone Bay (902-624-8425). NSTU members must present their ID cards at checkout. Check out comfort, fashion and selection in a wide range of sizes for men and women.

RELIABLE COMPLETE AUTO SERVICE offers NSTU/RTO members a discount. Lube, Oil, Filter and Tire Rotation - \$39.95. Also offering free MVI. Valid with most vehicles. Call for details. NSTU ID must be shown to receive promotion. Location: 364 Sackville Drive, Sackville, NS. Phone: 902-865-5509.

ROGERS - offers NSTU/RTO members an exclusive offer of **20% OFF ALL SHARE Everything Plans! OFFER NOT AVAILABLE IN STORES!!** Included in all plans: ROGERS GameCentre Live and Roam (ROAM like home) - Use your same plan when roaming in over 100 destinations! Use in the U.S. for only \$5/day and \$10/day for all other international destinations. You can easily add up to 9 additional users! Monthly plan fees below are after discount. Discount applies to primary line only.

ALL PLANS include the following: UNLIMITED Canada-wide Calling/Messaging (Text, Picture & Video messaging); 2500 Call Forwarding Minutes; FEATURES: Call Display & Enhanced Voicemail, Call Waiting, Group Calling, and Online Billing

Package 1: \$72/MONTH, includes ALL monthly fees; 2-yr term; Primary Line only—**1 GB DATA**

Package 2: \$80/MONTH, includes ALL monthly fees; 2-yr term; Primary Line only—**2 GB Data**

Package 3: \$92/MONTH, includes ALL monthly fees; 2-yr term; Primary Line only—**5GB Data Plus Bonus Offer: Spotify® OR shomi® or texture®** (by next issue)

*Limited time offer. Conditions apply. Prices are subject to change. Contact your corporate sales representative for full details. **Sign up today - CONTACT: CHAD COWAN** at ccowan@mcnain.com

SCOTIA AUTO GLASS - So Scotia Auto Glass, what's in it for me? You will get Mobile Service with quick response times by a technician

who is ScotiaGlassTech™ certified in both vehicle glass repair and replacement. We come to you at work or home using Scotia Glass's proprietary tools including the Glass Rebuild™ resin and the SingularSeal™ windshield fitting system that allow us and other Scotia Glass® technicians to provide superior service. Scotia Auto Glass is part of the Vantage Point Glass Network, Atlantic Canada's Fleet and Glass Network. This means that even if you are not in the HRM/Lunenburg/Valley area, Vantage Point Glass Network will have a shop for you that honors warrantees throughout the Network.

NSTU card members will receive: Free mobile service at home or work*, Up to 40% off your deductible* Free Windshield Repairs* 25% discount off the current retail price* on any additional glass services (wipers, Aquashield, door glass and back window, car cleaning)* - see website for details.

Book online by visiting www.scotiaauto.com/promo/nstu.htm or call HRM & Tantallon/Windsor – Ron Tibert – 902-456-5201 or South Shore, Hubbards, Chester to Liverpool - Ron Tibert - 902-523-1180.

STAPLES® - Is your computer running slow? Is something wrong but not sure what? **Staples® is pleased to offer a FREE computer diagnostic at any of our Staples® locations in Nova Scotia.** Simply present your teacher I.D. when you drop off your machine. For locations across Nova Scotia visit www.staples.ca

SOFTMOC - is pleased to invite all members of the NSTU to save at **SoftMoc!** Your Corporate Discount may be redeemed at any of our retail locations across Canada and our online store at: www.softmoc.com. The savings are valid on all regular and sale priced merchandise and cannot be combined with any other discount coupon or offer and is not valid at the Warehouse Sale Outlet. SoftMoc reserves the right to cancel this discount code at anytime. **The Discount Code is 777000013255.** This number must be quoted in store or entered online to redeem the discount. Alternatively, in store you may show your Official Membership Card. Additional rewards and savings are available through registering for SoftMoc “My Account” and Frequent Buyer Plan at: www.softmoc.com/ca/register. For questions regarding this offer please contact: Dawn Reid, Corporate Sales Manager, SoftMoc Inc., 905-665-8119 ext 2233 or Email dawn@softmoc.com.

THE SACKVILLE SPORTS STADIUM is offering all current and retired NSTU members a 10% discount on all Annual Memberships. The Sackville Sports Stadium is a multipurpose facility that offers programs and services in the areas of fitness, sport, and wellness.

We offer a range of sports, fitness, and wellness programs that include but are not limited to Zumba, TRX, Bootcamps, Boxing Workouts, Learn to Run, Indoor Cycling, Yoga, and Meditation. We also have a wide range of programs geared for the Senior population and specialized programs for those with chronic pain or injury issues as well as those with identified special needs.

Our Aquatics Department offers swimming lessons, aquatic leadership programs, fitness, and speciality programs as well as open swims to the public.

For children we have karate, dance, gymnastics, indoor soccer, birthday parties (dance, karate, mad science, gymnastics, laser tag, swimming and skating) and a large summer day camp program as well as in-service day camps throughout the year. Our arena is host to youth hockey, ringette, skating lessons, and public skating. There really is something for all ages!

Our membership coordinators will work with you to help identify your best options. Our annual memberships include Face 2 Face, which consists of 5 half-hour appointments with our certified trainers. You will receive a personalized program, one on one coaching and materials with current fitness and health information. Most importantly – you will get results and we guarantee it or your money back!

For more information visit our website, www.thestadium.ca or give one of our Membership Coordinators a call at 902-252-4000. NSTU ID is required. Terms & Conditions Apply.

ULTRAMAR HOME HEATING - offers a 6 cent per litre discount on posted oil prices to NSTU/RTO members in the Halifax Regional Municipality. ****NEW CUSTOMER OFFER** Use 1500 litres of furnace oil and receive a \$100 gift card! Contact: Bill Kelvey at 902-456-7413.**

**Show your NSTU Membership ID Card
whenever you are “out & about”
and let us know about any other great deals & discounts!**

Phone: 902-477-5621 / 1-800-565-6788

Email: theteacher@nstu.ca