

# DEALS & DISCOUNTS

for NSTU, RTO and PSAANS MEMBERS

December 2018



<b>Accommodation .....</b>	<b>1</b>	<b>Health and Wellness .....</b>	<b>5</b>
<b>Automotive .....</b>	<b>12</b>	<b>Home and Garden .....</b>	<b>11</b>
<b>Bookstores .....</b>	<b>11</b>	<b>More Deals and Discounts .....</b>	<b>13</b>
3rd Degree Training .....	5	Health Coach, Pat Wallace .....	7
Allstar Fuels .....	11	Holiday Inn Express & Suites Halifax - Bedford .....	4
Banana Republic .....	13	Hotel Discount Program - NSTU .....	5
Belgravia Bed & Breakfast .....	1	House of Auto Details .....	12
Best Western Plus Chocolate Lake Hotel Halifax .....	1	I Stop Pain .....	8
Bose Corporation .....	11	Intrepid Travel .....	13
Boston Pizza (Yarmouth) .....	13	Inverary Resort .....	4
Bounce Kingdom Party & Event Rentals .....	13	Keltic Lodge Resort & Spa .....	4
Brickyard Health .....	5	Krave Burger .....	13
Budget Rent-A-Car Maritimes .....	12	Liscombe Lodge Resort & Conference Centre .....	4
Cambridge Suites, Halifax .....	1	Maritime Fuels .....	11
Cambridge Suites, Sydney .....	1	Michaels Arts & Crafts .....	14
Canada Games Centre .....	5	Midas - Total Car Care .....	12
Canadian Public Employee Acquisition Club .....	13	Natural Light Sunspace .....	11
Chris Scott Automotive .....	12	Natural Path Massage Therapy .....	8
Comfort Orthotics & Podiatry Clinic .....	6	Naturopathic Doctor, Erin Balodis .....	8
The Compass Rose Health and Wellness Centre .....	6	Neptune Theatre .....	14
Complete Family Dentistry .....	6	Noggins Corner Farm .....	14
Costco .....	13	O2 Wellness .....	8
Cresthaven Laser & Skincare .....	6	Oh My Sole .....	14
Dartmouth Book Exchange .....	11	Oxygen Yoga and Fitness .....	8
Delta Barrington .....		Papa Mario's Pizza .....	14
Delta Halifax .....	1	Park 'N Fly .....	14
Digby Pines Golf Resort & Spa .....	2	Pepco Fuel .....	12
Discount Car and Truck Rentals .....	12	The Physioclinic .....	9
Doubletree By Hilton Halifax-Dartmouth .....	2	The Prince George Hotel .....	4
Dulux Paints .....	11	Quality Footwear & Mahone Bay Trading Company ...	14
Dundee Resort and Golf Club .....	2	Reliable Complete Auto Service .....	12
Eastern Office Supplies .....	13	Remedy Facial Bar & Spa .....	9
Enlighten Laser & Skin Care .....	7	Roach Chiropractic And Laser Centre .....	9
The Farmhouse Inn .....	2	Sackville Sports Stadium .....	9
Feit Physiotherapy .....	7	Scotia Auto Glass .....	12
First Impressions Medical Aesthetics & Rejuvenation ..	7	SG Cosmetic and SG•Medi•Spa .....	9
The Floatation Centre .....	7	Shanti Hot Yoga .....	10
Forever Healthy Allergy Elimination Center .....	7	Simply for Life .....	10
Four Points Sheraton, Halifax, NS .....	2	Sobeys Dietician .....	10
Four Points Sheraton, Moncton, NB .....	2	Softmoc .....	14
Frame Express .....	11	Soles In Motion .....	15
Future Inns Halifax Hotel & Conference Centre .....	2	Sound Chiropractic and Health Sciences Centre .....	10
GCR Tire Centres .....	12	Staples Copy and Print .....	15
Grand & Toy .....	13	Tattletales .....	11
Gropro .....	11	Teachers Plus Credit Union .....	15
Halifax Marriott Harbourfront Hotel .....	3	Travelodge Sydney .....	4
Halifax Quit Smoking Clinic .....	7	Ultramar Home Heating .....	12
Hampton Inn & Homewood Suites By Hilton®		The Waverley Inn .....	4
Halifax Downtown .....	3	The Westin Nova Scotia .....	4
Hampton Inn By Hilton Sydney .....	3	Woozles .....	11
Happy Soul Dance Studios .....	13	Zoe MacDonald, R. Ac. ....	10

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## ACCOMMODATION

### NSTU CONTRACT HOTELS

Please be advised that the contract hotel for all Nova Scotia Teachers Union business is The Delta Halifax, and The Delta Barrington is the contracted overflow hotel.

#### NSTU BUSINESS

- **\$99.00** 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:

**\$115.00 to \$155.00** per night including a special parking rate of \$12.00 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](http://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.](#)

### BELGRAVIA BED & BREAKFAST

**15% OFF**

Belgravia Bed and 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, offers NSTU and RTO members leisure and business preferred rates: 2018/19 Rates:

• October 1 – Dec 31, 2018	<b>\$119</b>
• January 1 – April 30, 2019	<b>\$117</b>
• May 1 – June 30, 2019	<b>\$139</b>
• July 1 – September 30, 2019	<b>\$149</b>
• October 1 – Dec 31, 2019	<b>\$119</b>

Rate includes FREE hot breakfast buffet, FREE parking, FREE Wi-Fi and FREE local calls. NSTU ID is require. NSTU rate is for one room booking per NSTU membership card. Rates are subject to availability and blackout dates. Some conditions apply. For reservations, call the hotel directly at 902-477-5611, press option 0.

### CAMBRIDGE SUITES, HALIFAX

Offers NSTU/RTO members the following rates for 2018:

• January 1 – March 30, starting at	<b>\$120</b>
• April 1 – April 30, starting at	<b>\$145</b>
• May 1 – Sept 30, starting at	<b>\$159</b>
• Oct 1 - Oct 31, starting at	<b>\$149</b>
• Nov 1 – Dec. 31, starting at	<b>\$120</b>

includes continental breakfast, Wi-Fi and free local phone calls. Location: 1583 Brunswick Street, Halifax, NS B3J 3P5; Phone: 902-420-0555; Website [www.cambridgesuiteshalifax.com](http://www.cambridgesuiteshalifax.com).

### CAMBRIDGE SUITES, SYDNEY

The rate until December 2018 is \$132 includes Wi-Fi, free parking 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](http://www.cambridgesuitessydney.com).

## DIGBY PINES GOLF RESORT & SPA

1-800-667-4637 or [www.digbypines.ca](http://www.digbypines.ca). Open mid-May to mid-October. Rates starting from **\$115/night** plus HST, low season (May, June & October); rates starting from **\$140/night** plus HST, high season (July & August & September). Based on single or 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. Please note the rate is based on individual leisure travel only and is not applicable to group /wedding business with already discounted rates.

## DOUBLETREE BY HILTON HALIFAX DARTMOUTH

The new DoubleTree by Hilton Halifax Dartmouth, fully renovated as of September 2017, offers contemporary accommodations featuring 50" LED TVs, Cuisinart dual-cup coffee makers, mini-fridges and some rooms with private balconies and spectacular views over the Halifax Harbour. Renewed public spaces include new indoor pool, extensive fitness centre, The Narrows restaurant and lounge and full-service Starbucks Coffee Shop located just off the hotel lobby. We are conveniently located in downtown Dartmouth at the end of the Macdonald Bridge. Just steps from the Alderney Landing ferry terminal with service to downtown Halifax, and a quick drive to Dartmouth Crossing, there is no shortage of nearby entertainment! The new DoubleTree by Hilton Halifax Dartmouth is pleased to offer members and retired members of the NSTU a **15% DISCOUNT** towards our best available rate and complimentary parking, valid from January to December 2018. To book your room, please call the front desk at 902-463-1100 or email [reservations@doubletreehalifaxdartmouth.com](mailto:reservations@doubletreehalifaxdartmouth.com). Address: 101 Wyse Road, Dartmouth, NS B3A 1L9.

## DUNDEE RESORT AND GOLF CLUB **15% OFF**

2750 West Bay Highway, Dundee Resort offers NSTU and RTO members and employees a **15% DISCOUNT** on rack rate for the 2018 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](http://www.capebretonresorts.com).

## THE FARMHOUSE INN **15% OFF**

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](http://www.farmhouseinn.ns.ca).

## FOUR POINTS SHERATON HALIFAX, NS

The Four Points by Sheraton Halifax is pleased to offer all NSTU members discounted rates for leisure travel. Four Points Halifax Hotel & Conference Center, 1496 Hollis Street, Halifax, NS B3J 3Z1

Rates are for single/double occupancy in our standard rooms and include high speed internet access/WIFI and local calls.

- November 2018 - March 31, 2019: **\$109**
- April 1 2019 - May 31, 2019: **\$139**
- June 2019 - October 31, 2019: **\$189**
- November 2019 - December 2019: **\$119**

Please follow the link below to book your discounted NSTU leisure rate: Book your corporate rate for Nova Scotia Teacher's Union OR visit [Marriott.com](http://Marriott.com) and use Special Corporate rate code YTY

## FOUR POINTS SHERATON, MONCTON, NB

Stay in a modern guest room, gather in a versatile meeting venue, then venture out to enjoy the area's great shopping and natural beauty. 40 Lady Ada Blvd, Moncton, NB E1G 0E3. Phone: (506) 852-9600

Link for **EASY Reservation**: [www.starwoodhotels.com/fourpoints/rates/calendar.html?propertyID=4058&rp=SN:542522,,,&language=en\\_US&EM=oneclickURL\\_542522\\_TEACHERS\\_BOOK\\_4P\\_4058\\_NAD](http://www.starwoodhotels.com/fourpoints/rates/calendar.html?propertyID=4058&rp=SN:542522,,,&language=en_US&EM=oneclickURL_542522_TEACHERS_BOOK_4P_4058_NAD)

We are happy to offer discounted rates for current & retired NSTU members starting at **\$122/night** for a Standard Room; SPG Rooms **\$142/night**. The NSTU rates include **Free parking, Free local calls & Free high-speed Internet**. Based on availability & some conditions apply.

## 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

- Traditional Room **\$107**
- Executive Rooms **\$123**
- Two Room Suites **\$147**
- Executive Suites **\$163**

The NSTU rates include a complimentary beverage at check-in, 20% off the Redwood Grill when you dine in from 4-9pm (Sunday-Thursday), complimentary parking,

complimentary wireless Internet, complimentary evening popcorn, complimentary bottled water, complimentary shoe shines, weekly Wednesday guest receptions (complimentary appetizers + beverages), complimentary snow removal from vehicles (in the winter months) and much more! To book a room, simply call 1-800-565-0700 or 902-443-4333. Based on availability & some conditions apply. Call & speak to one of our friendly staff members for more information.

### HALIFAX MARRIOTT HARBOURFRONT HOTEL

A truly special hotel experience awaits you here in Nova Scotia's vibrant capital city. With luxury accommodations, excellent on-site dining and a prime waterfront location, the Halifax Marriott Harbourfront Hotel is an extraordinary destination for both business and leisure travel. Stylishly designed rooms and suites boast pillowtop bedding and marble bathrooms, as well as room service, high-speed internet access and an ergonomic work desk. Begin your day here in Halifax with a cup of coffee from our Balancing Rock Coffeehouse, or sample innovative local dining at harbourstone sea grill & pour house, our modern restaurant. And be sure to treat yourself to a massage at our on-site spa while you're here. And our convenient downtown location places the best of downtown Halifax well within your reach. We're looking forward to welcoming you here to the Halifax Marriott Harbourfront Hotel.

Rates for NSTU Members, Thursday through Sunday only:

- November 1, 2018 to Dec.31, 2018 **\$129**
- January 1, 2019 to April 30, 2019 **\$119**
- May 1, 2019 to June 30, 2019 **\$169**
- July 1, 2019 to October 31, 2019 **\$199**
- November 1, 2019 to April 30, 2020 **\$125**

1919 Upper Water Street, Halifax, NS, B3J 3J5  
902-421-1700, 1-800-228-9290

[www.marriott.com/hotels/travel/yhzmcc-halifax-marriott-harbourfront-hotel/](http://www.marriott.com/hotels/travel/yhzmcc-halifax-marriott-harbourfront-hotel/)

### HAMPTON INN & HOMEWOOD SUITES BY HILTON® HALIFAX DOWNTOWN

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

- 1 – 6 nights **\$139**
- 7 – 14 nights **\$129**
- 15 – 29 nights **\$119**
- 30+ nights **\$109**

#### June 1 – October 15

- 1 – 6 nights **\$169**
- 7- 14 nights **\$159**
- 15 – 29 nights **\$149**
- 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](http://www.halifax.hamptoninn.com) or [www.halifax.homewoodsuites.com](http://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

We are 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.

## HOLIDAY INN EXPRESS & SUITES HALIFAX - BEDFORD

Holiday Inn Express is offering a corporate rate to NSTU travelers: Single or Double Standard Room

**10% OFF** Best Available Rate.

Corporate ID: 900 300 442; Booking Link: [NSTU](#)

Fully renovated guestrooms providing fresh, contemporary space with comfort, complimentary Wifi and electrical & USB charging stations throughout the room, Refreshment Zone featuring mini-fridge, microwave & Keurig Brewers, complimentary Express Breakfast Bar Buffet, complimentary parking and 24-hour coffee/tea & daily newspaper, Fitness Room featuring top of the line fitness equipment and heated indoor swimming pool & hot tub.

For reservations call 902-444-6700 or online at <https://www.ihg.com/holidayinnexpress>.

## INVERARY RESORT

**15% OFF**

368 SHORE ROAD, BADDECK offers NSTU and RTO members and employees leisure and business preferred rates throughout 2018 (traditional rooms only).

**15% DISCOUNT** on our traditional rooms during our season of 2018. During the off season, October 20 to May 15 we have a low season rate offered and we do not offer discounts for the already discounted rate. If booking through the winter we do have a lower rate offered. Please ask when making your reservation. May not be combined with any other promotional rates or discounts. Not applicable to group bookings.

For reservations please contact us at:

1-800-565-5660, option 1 [www.inveraryresort.com](http://www.inveraryresort.com)

## KELTIC LODGE RESORT & SPA

1-800-565-0444 or [www.kelticlodge.ca](http://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](http://www.liscombelodge.ca). Open mid-May to mid-October. \$119/night plus 15% tax for all of the 2018 season, 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, room upgrade fees may apply and is not applicable to group business.

## THE PRINCE GEORGE HOTEL

A luxury hotel—completely renovated from top to bottom—located in the centre of downtown Halifax. The NSTU/RTO rate for 2018, includes FREE WIFI

- April 1 – Oct 31, starting at **\$179**
- Nov 1 – Dec. 31, starting at **\$129**

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](http://www.princegeorgehotel.com).

## TRAVELODGE SYDNEY

Offers NSTU members a Special Rate of **\$115/night** from October to June, **\$125/night** from July to September. Includes breakfast, Wi-Fi, indoor pool, fitness centre, BBQ, guest laundry and free parking. Rates are net non-commissionable and subject to all applicable taxes and fees including 2.5% sustainability levy and are subject to change without notice. Rates are subject to availability, some restrictions apply. Negotiated rate does not apply to group blocks of 10 or more rooms and cannot be combined with any other offers. Located at 480 Kings Road, Sydney, NS B1S 1A8; Phone 902-539-6750. [www.travelodgesydney.com](http://www.travelodgesydney.com).

## THE WAVERLEY INN

**10% OFF**

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](http://www.waverleyinn.com)

## THE WESTIN NOVA SCOTIAN

The discounted leisure travel rates for NSTU members include high-speed Internet access, local calls, free parking and are based on single/ double occupancy. We are pleased to offer the following rates for 2018-2019 for Standard Rooms (2 Doubles or 1 Queen):

- July 1, 2018 to October 31, 2018 **\$169**
- Nov. 1, 2018 to April 30, 2019 **\$119**
- May 1, 2019 to June 30, 2019 **\$169**

For comparison, our published rack rates are \$359 high season and \$269 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 [www.thewestinnovascotian.com/nstu-employees](http://www.thewestinnovascotian.com/nstu-employees) to book directly online. Based on availability.

## 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. [NSTU Hotel Discount Program](#)

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!

## HEALTH and WELLNESS

### 3RD DEGREE TRAINING

#### DARTMOUTH and HALIFAX

**15% OFF**

**3rd Degree Training** is offering a discount of **15% OFF** your first 8-week fitness camp! This is a savings of \$40.50. (Our regular first time camper rate is \$270+HST but it would only be \$229.50 for your union members.) After their first camp, they will be entitled to our "return camper" rate of \$220+HST for subsequent camps.

At 3rd Degree Training Dartmouth, our program is designed around motivation, not intimidation. We build the body from the ground up focusing on balance, strength, and flexibility using interval training and only your body weight. Our classes combine strength training and cardio to deliver better results in a shorter period of time, building muscle you not only see, but use in your daily routine. We have clients from beginners to athletes and everyone in between! Are you looking to gain energy, productivity, strength and confidence while losing inches? JOIN US!!

LOCATIONS: Dartmouth: 30 Oland Court (off Thornhill Drive-we have our own entrance on the opposite end of the building from the Atlantic Cirque)  
Halifax: 102 Chain Lake Drive, unit #11  
[3rddegreetraining.com](#)

## BRICKYARD HEALTH

**15% OFF**

**Brickyard Health** is offering **15% OFF** Initial Visits for NSTU members. Brickyard Health provides an array of health services including: Acupuncture; Chiropractic; Counselling; Massage Therapy; Naturopathic Medicine; and Nutrition. Convenient online and direct billing available. Visit: [www.brickyardhealth.com](http://www.brickyardhealth.com) or call 902-406-2006. 100-2111 Maitland Street, Halifax, NS.

## 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](mailto:membership@canadagamescentre.ca). Visit our website at [canadagamescentre.ca](http://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](http://www.comfortorthotics.ca)  
We are with you every step of the way!

## THE COMPASS ROSE

**10% OFF**

## HEALTH AND WELLNESS CENTRE

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.

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](http://www.thecompassrose.ca) or call (902) 346-2158. Additional information about float therapy is available online at [www.floathalifax.ca](http://www.floathalifax.ca) and on our facebook page.

## COMPLETE FAMILY DENTISTRY

**Air Miles**

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 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].

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 **FREE TAKE-HOME PROFESSIONAL WHITENING KIT** (\$450 value) at your first visit!

## CRESTHAVEN LASER & SKINCARE

**30% OFF**

## CLINIC

Delighted to **offer a 30% DISCOUNT on 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](http://www.cresthavenlaser.ca)

## ENLIGHTEN LASER & SKIN CARE

**15% OFF**

### CLINIC

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](http://enlightenlaser.ca)

## FEIT PHYSIOTHERAPY

**20% OFF**

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](http://www.feitphysio.com); email: [feitphysio@bellaliant.com](mailto: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.

- **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.

[www.CapeBretonBotox.com](http://www.CapeBretonBotox.com)

[www.facebook.com/mediclaestheticsCapeBreton/](http://www.facebook.com/mediclaestheticsCapeBreton/)

## THE FLOATATION CENTRE

**15% OFF**

A springboard for happiness and elevated levels of consciousness. Nestled in North End Halifax, we provide the empowering service of Floatation Therapy which allows people to elevate the quality of their lives through simple, non-pharmaceutical experience. All members of the NSTU receive **15% OFF single 75-minute floatation therapy sessions**. TFC offers additional wellness services such as Naturopathic Medicine, Bowen Therapy, Massage Therapy, Acupuncture, Financial Wellness, Counselling, Women's Health & Fertility, and Dietetics in an environment full of positive vibrations, mindfulness, happiness and love! 902-453-5628 (45-FLOAT) [www.thefloatationcentre.ca](http://www.thefloatationcentre.ca)

## 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.** 238 Main St, Yarmouth NS; Phone: 902-881-4865

## HALIFAX QUIT SMOKING CLINIC

**10% OFF**

Would like to offer **10% OFF Laser Quit Smoking Treatments, Teeth Whitening + Packages** for your Members \* Discounts cannot be combined with any other offer or coupon. We are located at: 73 Tacoma Drive, Suite 300 Dartmouth, Nova Scotia B3W 2Y6 902-818-7848 (QUIT) [info@quitsmokinghalifax.com](mailto:info@quitsmokinghalifax.com). Packages starting at **\$299!**

## HEALTH COACH, PAT WALLACE

**20% OFF**

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](mailto:info@maritimephysio.ca)

## ISTOP PAIN

10% OFF

Provide stress management treatments, including depression, anxiety, insomnia; acute and chronic pain treatment: headache & migraine, neck and shoulder pain, back pain, tennis elbow, arthritis and many more. Offering **10% OFF**. Treatment for sport and car accident injury; as well as a health maintenance program to promote your energy level. The clinic is located at 6021 Young Street (at Robie Street). Call 902-444-3111 to make an appointment. [www.istoppain.ca](http://www.istoppain.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](http://www.erinbalodis.com) for more information.

## NATURAL PATH MASSAGE THERAPY

\$20 OFF

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](mailto:naturalpath@ns.sympatico.ca) or visit [www.mynaturalpath.ca](http://www.mynaturalpath.ca)

## O2 WELLNESS

Corporate Rate

A full-service fitness center in Bedford in SUNNYSIDE MALL, designed to train each member for success with fresh-stocked meal services, restorative health rooms and exercise that will invigorate the mind, body, and spirit, served by passionate employees that live fitness every day to produce results and accomplish goals.

- Free child-minding services as well as a sensory room for children with special needs
- 24-hour premium designed fitness facility
- Free airport grade Wi-Fi
- Friendly trainers who are passionate and well-educated about health and fitness
- A strategic layout designed for all member's comfort
- Custom to-go meals prepped by Pete's Fine Foods
- Pre-and post-work-out smoothies made fresh at our smoothie bar
- Grocery ready services and meal plans serviced by Pete's Fine Foods
- Weight plated machines in an all-encompassing best in class weight room
- State-of-the-art Cardio equipment with 19" touch-screen display's & Netflix built-in for your viewing pleasure
- Rocket technology machines for circuit training (great as easing tension on joints)
- Group exercise studios along with turf room
- Free yoga, barre, queenax, Pilates, spin, dance classes + 25 other different classes
- Small class sizes of 10-20 people resulting in greater interaction with instructors
- A team friendly environment
- Complimentary towel service
- Clean, topnotch sauna and showering rooms
- A wellness room to provide restorative Reflexology, massage and acupuncture services

We are offering NSTU members a corporate partnership with O2 Wellness. So for the NSTU members the corporate partnership with O2 is \$528+tax for the year or \$44.00 on a monthly payment plan. (Need to present current membership card to O2)

EAT / SLEEP / TRAIN / BE WELL

[srubin@o2wellness.ca](mailto:srubin@o2wellness.ca) | 902.809-3127 | 1595 Bedford Hwy, Suite #210, Bedford, NS B4A 3Y4 | [o2wellness.ca](http://o2wellness.ca)

## OXYGEN YOGA & FITNESS

41% OFF

Oxygen Yoga & Fitness welcomes the NSTU into our studio through our corporate program. As a member of the NSTU we offer you a huge discount of just over 41% off our monthly unlimited membership. We extend this offer to spouses of members and employees of the NSTU. This membership gives you full access to our 18+ classes at Oxygen Yoga & Fitness in our state of the art Infrared heated studio. Oxygen offers both Yoga and group fitness classes in a non-intimidating atmosphere. You will have access to both our Cole Harbour location, and our location opening in January on Spring Garden rd. Access to two studios with one membership! Visit our website for more info on what Oxygen is all about [oxygenyogaandfitness.com](http://oxygenyogaandfitness.com) or give us a call @ 902-462-4441.

## THE PHYSIOCLINIC

**20% OFF**

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](http://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](http://www.physio.ca)

## REMEDY FACIAL BAR & SPA

**10% OFF**

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](http://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](http://www.roachchiropractic.com) for more information and to book your appointment today.

## SACKVILLE SPORTS STADIUM

**10% OFF**

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](http://www.thestadium.ca) or all one of our Membership Coordinators a call at 902-252-4000. NSTU ID is required. Terms & Conditions apply.

## SG COSMETIC AND SG•MEDI•SPA

**10% OFF**

**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](http://www.sgcosmetic.com) and sg•medi•spa is located at 463 Main Street, Wolfville. [www.sgmedispa.com](http://www.sgmedispa.com).

## SHANTI HOT YOGA

**30% OFF**

**Shanti Hot Yoga** welcomes the NSTU to its Corporate Yoga program. Being a part of Shanti's corporate program provides the opportunity to receive deep **DISCOUNTS, (OVER 30%)** off our monthly membership rate. The offer also extends to spouses of members and employees of NSTU. Included in this offer is the opportunity to **TRY OUR STUDIOS FOR 15 DAYS, ABSOLUTELY FREE OF CHARGE.** What are you waiting for? Come out and give yoga a try, and see why we are HRM's top yoga studio. 3 locations in HRM; Bedford, Dartmouth, and Halifax. (902) 435-1001. [www.shantihotyoga.ca](http://www.shantihotyoga.ca)

## SIMPLY FOR LIFE - All Nova Scotia

**10% OFF**

Offering a **10% DISCOUNT** towards Services  
Our goal at Simply For Life is to help you achieve your optimal level of health through nutrition, and to ultimately, live longer. Whatever your nutrition and weight loss goals are—we can help you get there. We also love to have fun in the process—happy and healthy is the name of the game. [simplyforlife.com/en/](http://simplyforlife.com/en/)

We have produced over a million personalized nutrition plans, and have helped countless Canadians reach and maintain their goal weight, and achieve their best health. We do this by using our state-of-the-art meal planning system to create a customized meal plan just for you, that meets all of your needs. We have expert nutrition consultants on staff that will meet with you weekly to coach you along your nutrition and weight loss journey. We provide you with tools to help you sustain a healthy lifestyle — for life!

OPEN to EVERYONE! Our Natural Market, stocked with healthy food, nutritious meals-to-go, and quality supplements, we are your one-stop shop for all of your nutrition needs. Do not need to be a Simply for Life member to shop at our Natural Market.

AMHERST: 85 Victoria St. E. 902-660-8446  
ANTIGONISH: 53 James St. 902-863-2528  
BEDFORD: 1475 Bedford Highway 902-832-0460  
BRIDGEWATER: 270 Logan Road 902-543-5808  
CLAYTON PARK: 30 Farnham Gate Road 902-445-8446  
DARTMOUTH: 35 Baker Drive 902-434-2955  
ENFIELD: 8 Old Enfield Road Enfield, N.S. 902 259-2720  
KENTVILLE: 41 Aberdeen Street, Kentville 902-365-8446  
NEW GLASGOW: 260A Westville Road 902-928-8309  
SYDNEY: 1028 Kings Road 902-270-4333  
TRURO: 100 Esplanade Street 902-893-1518

## SOBEYS DIETICIAN

**15% OFF**

**15% OFF** One-on-One Nutrition Consults with your Sobeys Dietitian for NSTU Members! 60-minute Consult: Regularly \$80, Now \$68! 30-Minute Consult: \$30, Now \$25.50! Consultations are by phone or in person at select Sobeys locations. Visit [sobeypharmacy.com](http://sobeypharmacy.com) to find a Sobeys Dietitian near you or call Maria Vautour, RD (902) 477-6159 for more details by email [maria.vautour@sobeys.com](mailto:maria.vautour@sobeys.com)

## SOUND CHIROPRACTIC AND HEALTH SCIENCES CENTRE

**10% OFF**

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](mailto:info@soundchiropractic.ca) | [www.soundchiropractic.ca](http://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)).

## ZOE MACDONALD, R.AC

**10% OFF**

Zoe Macdonald, R.Ac - Acupuncture + Reiki

Do you have a health concern or pain condition you'd like to tackle this summer? Acupuncture has a wide range of applications, physically, mentally and emotionally. Because it is holistic in nature, it works to treat symptoms while also healing the root cause. In this way, acupuncture also works preventively - to keep you well!

Located above Keliza Healthy Living at 19 Aberdeen Lane, Mahone Bay. To book an appointment, call 902-471-5699, or visit [zoe.janeapp.com](http://zoe.janeapp.com) to book online.

Direct Billing is available for most insurance companies. Facebook + Instagram [@zoemacdonaldacupuncture](https://www.instagram.com/zoemacdonaldacupuncture)

## BOOKSTORES

### DARTMOUTH BOOK EXCHANGE

**20% OFF**

Dartmouth Book Exchange is offering teachers **10% OFF** classroom purchases of over \$50 before taxes and after credits and **20% OFF** their classroom purchases of over \$100- before taxes and after credits.

1187 Cole Harbour Road, Dartmouth 902-435-1207  
[dartmouthbookexchange.ca](http://dartmouthbookexchange.ca)

### TATTLETALES

**20% OFF**

Penhorn Mall, 535 Portland Street, Dartmouth offers a **20% DISCOUNT** to NSTU members. 902-463-5551; [tattletales@ns.aliantzinc.ca](mailto:tattletales@ns.aliantzinc.ca)

### WOOZLES

**20% OFF**

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

## HOME and GARDEN

### ALLSTAR FUELS

**\$0.03 OFF**

in Cape Breton is offering a discount of \$0.03 per liter on furnace oil; Also, if you sign on for automatic delivery for 1 year you will receive discounts on plumbing and heating services offered through **All Stars Plumbing & Heating Ltd.** (Contact for more information). NSTU identification is required. Locations: Glace Bay, New Waterford, Sydney and Surrounding Areas. PH: 902-578-5900. Email: [sales@allstarfuels.ca](mailto:sales@allstarfuels.ca)

### BOSE CORPORATION

**15% OFF**

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.

### DULUX PAINTS

**25% OFF**

**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).

[www.dulux.ca](http://www.dulux.ca)

### FRAME EXPRESS

**30% OFF**

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.

### GROPRO

**10% OFF**

Would like to extend a **10%\* OFF DISCOUNT** for 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\***

### MARITIME FUELS

**\$0.07 OFF**

Helping Maritimers SAVE Money! Maritime Fuel is offering our valued NSTU members a 7 CENT PER LITRE DISCOUNT for every automatic delivery set up on automatic payments.

Maritime Fuels sells Eastern Embers wood pellets (18kg and 9kg bags) as well. We partner with Adam's Heating for heating services and Superior Propane for propane services. Our Mission is Delivering Excellence!

902-448-4188 [www.maritimefuels.ca](http://www.maritimefuels.ca)

### NATURAL LIGHT SUNSPACE

**\$500 OFF**

Delighted to offer a **\$500 DISCOUNT** Towards 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...

**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](http://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!

### PEPCO FUEL

**\$0.07 OFF**

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 purchase of the Pepco Protection Plan
- 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 details contact: **Daniel Hiltz at 902-220-9291**

### ULTRAMAR HOME HEATING

**\$0.06 OFF**

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.**

## AUTOMOTIVE

### 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**.

### CHRIS SCOTT AUTOMOTIVE

**15% OFF**

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 **#A443100 (Car Rental) and #A443180 (Truck Rental)** 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](http://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.

### GCR TIRE CENTRES

**15% OFF**

Offer NSTU Members a **15% DISCOUNT** towards the regular selling price of Bridgestone and Firestone Passenger/Light Truck tires. Also, a **10% DISCOUNT** on the current retail price of any car service (brakes, alignment, oil changes). **GCR Tire Centres** are located in Antigonish, Bridgewater, Dartmouth, New Glasgow, New Minas and Truro.

### HOUSE OF AUTO DETAILS

**15% OFF**

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](http://www.houseofautodetails.ca). Contact: Natalie Frederick-Wilson at [natalie@houseofautodetails.ca](mailto:natalie@houseofautodetails.ca)

### MIDAS - TOTAL CAR CARE

**10% OFF**

All locations in Nova Scotia. Offers **10% OFF** parts. [www.midas.ca](http://www.midas.ca)

### 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.

### SCOTIA AUTO GLASS

**25% OFF**

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 warranties 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** on the current retail price\* on any additional glass services (wipers, Aquashield, door glass and back window, car cleaning)\*

Book online at [www.scotiauto.com/promo/nstu.htm](http://www.scotiauto.com/promo/nstu.htm)  
Call HRM & Tantallon/Windsor  
Ron Tibert – 902-456-5201  
South Shore, Hubbards, Chester to Liverpool  
Ron Tibert - 902-523-1180.

## More DEALS and DISCOUNTS

### BANANA REPUBLIC

**15% OFF**

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](http://bananarepublic.ca)

### BOSTON PIZZA (YARMOUTH)

**10% OFF**

Boston Pizza Yarmouth, is offering NSTU members **10% OFF**. 134 Starrs Rd., Yarmouth B5A 4E5. **902-742-5697**. Hours of Operation: Sun-Wed 11:00 am to 11:00pm; Thurs 11:00 am to 12:00 pm; Fri-Sat 11:00 am to 2:00 pm.

### 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). For more information, call 902-680-1056; [bouncekingdom@gmail.com](mailto:bouncekingdom@gmail.com) or check out [www.bouncekingdom.com](http://www.bouncekingdom.com).

### 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](http://cpeac.org) to register for the program.

### COSTCO

**\$50 OFF**

Share a World of Savings with Someone Special! Up to **\$50 OFF your Costco.ca purchase**. Available in-warehouse and on Costco.ca for a limited time: Receive a **\$25 online voucher** with a Gold Star Gift of Membership purchase or a **\$50 online voucher** with an Executive Gift of Membership purchase. Certain restrictions apply. Voucher expires January 31, 2019.

### EASTERN OFFICE SUPPLIES

**30% OFF**

Classroom Discount, offering a **30% DISCOUNT** towards the catalogue price on selected catalogues. Items can be viewed at [www.buroplus.ca](http://www.buroplus.ca). Includes:

- Office Essentials
- Binding and Presentation
- Writing Instruments
- Creativity and Leisure
- Boards and Signage
- Mailroom and Handling

136 Logan Rd., Bridgewater 902-543-7173  
[www.easternoffice.ca](http://www.easternoffice.ca)  
[adam.conrad@easternoffice.ca](mailto:adam.conrad@easternoffice.ca)

### 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.

### HAPPY SOUL DANCE STUDIOS

**10% OFF**

Happy Soul Dance Studios to give independent dance teachers in the city a high quality professional space they can be proud to use to teach their classes. Happy Soul is offering **10% OFF** for NSTU Members. For information please contact Brigitte at [info@happysouldance.com](mailto:info@happysouldance.com) 902-471-6154 (phone). Or visit 3089 Oxford st, Halifax, NS

### INTREPID TRAVEL

**10% OFF**

**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](http://www.intrepidtravel.com/teachers).

### KRAVE BURGER

**10% OFF**

**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**

**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.

## NEPTUNE THEATRE

**20% OFF**

NSTU members receive a **20% discount on Adult single tickets** for plays in the 2017-2018 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 **1819NSTU**. Phone the Neptune Theatre Box Office at 902-429-7070 or 1-800-565-7345 or visit [www.neptunetheatre.com](http://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

**Noggins Corner Farm** 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](http://www.nogginsfarm.ca) or contact Cristen at 902-542-5515 ext. 23, [tours@nogginsfarm.ca](mailto:tours@nogginsfarm.ca).

## OH MY SOLE

**\$10 OFF**

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](http://www.ohmysole.com)

## PAPA MARIO'S PIZZA

**10% OFF**

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](http://www.papamarios.com) or phone 902-421-2121. Contact is Albert at 902-425-0000 or 902-877-0247.

## PARK 'N FLY

**20% OFF**

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](http://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](mailto:CS_Halifax@parknfly.ca) / [www.parknfly.ca/halifax/en/halifax](http://www.parknfly.ca/halifax/en/halifax)

## QUALITY FOOTWEAR &

**10% OFF**

## 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.

## SOFTMOC

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](http://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](http://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](mailto:dawn@softmoc.com).

## SOLES IN MOTION

**15% OFF**

**Soles in Motion** specializes in athletic, casual and orthopedic footwear, custom and off the shelf orthotics, braces and compression as well as various rehab products to improve your health and assist you in staying active. We offer NSTU members **15% OFF** regular priced footwear. 133 Baker Drive, Dartmouth. Contact us at 902-468-7911 or [www.solesinmotion.ca](http://www.solesinmotion.ca).

## STAPLES® COPY & PRINT

**10% OFF**

Staples Copy and Print Centres offer a **10% DISCOUNT** to all members that make purchases in store or online at any Staples location. This discount only applies to the Copy and Print centres. **The Staples Discount Code is 8402249604.**

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](http://www.staples.ca)

## TEACHERS PLUS CREDIT UNION

The Teachers Plus Credit Union offers NSTU members **FREE** Your Chequing 40 package for you.

- Master Plus Program: Low interest financing with easy repayment terms to help you obtain a higher license.
- Strike Policy: In the event of a teachers strike, active teachers will be offered the option to defer the payments on applicable TCPU loan/LOC/mortgages for the duration of the strike.
- Buy-Back Pension Loans: If you're looking to purchase years of service in the Teachers' Pension Plan, we can provide loans at 1.25% below our advertised rates.
- Payroll Deduction: With payroll deduction, you can have your mortgage, loan, RSP or savings payments come directly off your paycheque. You can also have your entire paycheque directly deposited into your TPCU account.
- No Mortgage Penalties for Retired Teachers: If you are retired and prepay or payoff your mortgage from your own resourced TPCU will waive your mortgage penalty

[www.teachersplus.ca/Home](http://www.teachersplus.ca/Home)

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"out & about"

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any other great deals & discounts!

Phone: 902-477-5621

1-800-565-6788

Email: [theteacher@nstu.ca](mailto:theteacher@nstu.ca)