

# DEALS & DISCOUNTS

for NSTU and RTO MEMBERS

January 2026



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# DEALS & DISCOUNTS

for NSTU MEMBERS and RTO MEMBERS

*Subject to change without notice.*



January 2026

## ACCOMMODATION

### COURTYARD HALIFAX DARTMOUTH

The contract hotel for all Nova Scotia Teachers Union business July 1, 2025 up to June 30, 2027 is The Courtyard Halifax Dartmouth. Any guest rooms required at either hotel for NSTU business must be booked through NSTU Central Office.

Courtyard Halifax Dartmouth,

35 Shubie Drive, Dartmouth NS B3B 0N4

- The **CONTRACT RATE IS \$119** with breakfast and parking included. Members should be prepared to show their membership card at check-in, and again, the rate is based on availability.

### Business Accommodations

Any guest rooms required at the contract hotel for NSTU business must be booked through NSTU Central Office.

### Please note:

- Only one room per NSTU Member can be booked per night.
- The NSTU does not cover the cost of gratuities or incidentals. Members will be asked to provide personal credit card information to the hotel upon arrival for such expenses.
- Inappropriate behaviour or abuse of privileges as a guest of the hotel will not be tolerated.

### Locals or RRCs

Any Local or RRC wishing to use the contract hotel must contact the NSTU Central Office in advance and provide the approximate number of guest rooms and meeting rooms required. The hotels will not be accepting bookings for business purposes directly without prior authorization from the NSTU Central Office.

Once the hotel space availability has been confirmed by the NSTU Central Office, the Locals and RRCs can provide the details of the meeting requirements directly to the hotel.

### NSTU Central Office Contact Information:

Phone: 1-800-565-6788

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

- Onsite outdoor parking and WiFi included (we do not offer Valet)
- Last room availability
- Available for leisure travel (active and retired teachers)
- 1 week cancellation
- Rate available for any other additional requirements

### Guest Room Amenities

- High speed WiFi
- iron and ironing board
- mini fridge
- bathroom amenities
- coffee and tea maker
- hair dryer
- 380 sqft/34sqm
- cordless phone
- air conditioner
- Wireless internet
- nonsmoking
- cable/satellite
- chair, twin sleeper chair
- CNN and ESPN
- alarm clock
- radio
- safe in room
- Netflix
- desk with ergonomic chair

**(902) 406-3000**

**Courtyard Halifax Dartmouth**

### BARRINGTON HOTEL

Situated in the heart of downtown and stunning views of the Halifax Minutes from Scotiabank Centre, Citadel Hill, and the HCC.

Spacious, comfortable, well-appointed guest rooms featuring two plush pillowtop double beds includes all the amenities required to enjoy your time away from home.

Award-winning restaurant,  
Complimentary WIFI throughout hotel common areas and guest  
Indoor swimming pool, sauna and fitness  
Aeroplan Miles with room night stays and meeting  
Pedway that connects to Scotia Square

January 1, 2026 – April 30, 2026: \$119.00 per night

July 1, 2026 – October 31, 2026: \$174.00 per night

Nov. 1, 2026 – April 30, 2027: \$124.00 per night

**ONLINE BOOKING CODE: NSTU23**

The Barrington Hotel can be reached at:

902-429-7410 or toll free at 1-833-357-8154.

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

### **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**

The Best Western Plus Chocolate Lake Hotel is pleased to offer NSTU/RTO members and employees following discounted rates, valid until December 31st, 2025. Rate includes Complimentary Breakfast for inhouse guest, Onsite Parking (1st come, 1st serve) and Wi-Fi.

- January 1 – April 30, 2026: \$129.00 per night
- May 1 – June 30, 2026: \$149.00 per night
- July 1 – October 31, 2026: \$179.00 per night
- November 1 – December 31, 2026: \$129.00 per night

Rates are based on single/double adult occupancy in a standard guestroom. Third and fourth adult occupants (18 years and older) rate is an additional \$20.00\* per ADULT guest, per night plus applicable taxes. Maximum of four guests per room.

\*Applicable taxes 3% Halifax Marketing Levy, plus 15% HST (Taxes are subject to changes)

Please note:

Only one room per NSTU Member can be booked per night. Members will be asked to provide proof of NSTU membership upon arrival.

All reservations require a credit card to guarantee the room. Credit cards will be authorized for \$50 upon check-in as a security deposit. Cash is not accepted as a security deposit. Members can opt to use a debit card for the security deposit; however, a refundable \$250 debit deposit will be required.

Inappropriate behaviour or abuse of privileges as a guest of the hotel will not be tolerated and could result in a Member no longer being able to book accommodations at the NSTU Rate.

Rates based on availability. Conditions apply.

Call us today for more information 902-477-5611 ext 0 or email [res@chocolatelakehotel.com](mailto:res@chocolatelakehotel.com). Visit our website [www.chocolatelakehotel.com](http://www.chocolatelakehotel.com)

### **CAMBRIDGE SUITES, HALIFAX**

Contract Details: Rates: subject to availability and applicable taxes/fees

Rates: subject to availability and applicable taxes/fees

January 1 – March 31, 2026, starting at \$131.00

April 1 – Oct 31, 2026 starting at \$167.00

Nov 1 – Dec. 31, 2026 starting at \$131.00

Conditions:

Available exclusively to active NSTU members (not applicable to RTO members) – must provide proof of NSTU Membership at check-in

Included Amenities:

Convenient downtown Halifax location within walking distance of the Halifax Waterfront, Citadel Hill, and Spring Garden Road

Access to rooftop patio with panoramic city and harbour views

- Complimentary continental breakfast
- On-site business and meeting facilities
- On-site fitness centre
- Wi-Fi/high-speed internet access throughout the property

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

### THE CEDARS

**10% OFF**

Get ready to escape from the hustle and bustle of daily life and immerse yourself in the beauty of nature at The Cedars.

Our custom built, 3 bed & 2 bath log home awaits you. Sleeping a maximum of 6 people, we offer a fully equipped kitchen; King bedroom with ensuite; Queen & Twin bedrooms.

For your comfort, we have in-floor heat throughout, air conditioning and supply all linens - a true home away from home.

Open all year round, we are nestled on 47 acres in Harbourville NS. An hour and 20 mins from Halifax and close to Wolfville and all the attractions of Annapolis Valley.

WE ARE DOG FRIENDLY and have walking trails and winter snowshoeing on the property and the perfect way to end your day - an outdoor fire pit and 6 person hot tub!

We know how hard you work all year round and would like to offer a **10% DISCOUNT** to your membership with proper ID.

Check us out on Facebook or Instagram and visit our website, [www.restrelaxrecharge.ca](http://www.restrelaxrecharge.ca) to book your stay or call us directly at 902 499 6161.

We look forward to welcoming you at The Cedars.

### COMFORT INN HALIFAX

We are located in the heart of Bedford with easy access to downtown, universities, hospitals and the (YHZ) Halifax airport. We have a large variety of rooms offering Jacuzzis

and Harbourview rooms. We offer complimentary hot buffet breakfast as well as Indoor heated pool, a fitness center and an On suite Guest Laundry. All our rooms are equipped with fridges and microwaves.

Please dial 902-443-0303 to speak with one of our friendly staff members to reserve your stay. Based on availability some conditions may apply. Must present ID at Check In. Standard rooms (1 Queen or 2 Double Beds), Harbourview Rooms (2 Queen Beds or 1 King Bed), Harbourview rooms with Patios, and Kitchenettes Suites (Separate bedrooms).

20% off of Daily Rate. Rates do not include Taxes.

560 Bedford Highway, Halifax

902-443-0303

[www.choicehotels.com/cn207](http://www.choicehotels.com/cn207)

### DIGBY PINES GOLF RESORT & SPA

**10% OFF**

1-800-667-4637 or [www.digbypines.ca](http://www.digbypines.ca). Rates starting. 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. Now OPEN Year Round ! Save 10% off regular rates.

### 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 2026 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).

### 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

Whenever you are "out & about" show your NSTU/RTO Membership ID Card! Let us know about any other great Deals & Discounts!

Phone: 902-477-5621 1-800-565-6788 [nstu.ca](http://nstu.ca)

**2026 NSTU Updated rate offer- 15% discount and includes 1 breakfast voucher per night for each registered guest.**

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** and use Special Corporate rate code YTY

### **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 Applicable Date Range (Low Season)

- January 1 – June 30, 2026: \$119.00 per night (Standard Room) or \$159.00 per night (Suite)
- July 1 – August 31, 2026: \$139.00 per night (Standard Room) or \$179.00 per night (Suite)
- September 1 – December 31, 2026: \$119.00 per night (Standard Room) or \$159.00 per night (Suite)

The NSTU rates include Free parking, Free local calls & Free high-speed Internet. 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 TOWER HOTEL**

**15% OFF**

The Halifax Tower Hotel is pleased to offer a 15% discount on their best available rates to Nova Scotia Teachers Union members for accommodations. With this discount, Deluxe Room rates will still include the following amenities:

- 24-hour Lavazza Coffee
- A complimentary hot buffet breakfast (scrambled eggs, home fries, toast, bacon, sausage, ham, boiled eggs, French toast, pancakes, sliced fruits, yogurt with toppings, overnight oatmeal, etc.)
- Free Wi-Fi
- Free underground parking
- Access to facilities like the indoor heated pool, hot tub, and fitness center

Please present your NSTU ID upon check in to avail of the discount and mention it upon reservation.

Address: 15 Lakelands Blvd, Beechville, NS B3S 1G4  
Phone: (902) 444-3700

### **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 – December 31, 2026- **10% OFF** Best Available Rate
- Parking **is \$25.00**

#### **Homewood Suites, Downtown Halifax**

- January 1 – December 31, 2026- **10% OFF** Best Available Rate
- Parking **is \$25.00**

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. USE CODE : 0002711546

### **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. Not valid on New Years Eve.

\$139.00 + taxes November – May

\$189.00 + taxes June – October



## 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>.

## HOTEL HALIFAX

Hotel Halifax offers travellers an excellent location with direct access to the Downtown Link and stunning views that allow guests to enjoy the bustling activity of the Halifax Harbour from the comfort of their own guest room. All of our accommodations offer plush, pillowtop beds, complimentary Wi-Fi, 55 inch Smart TV, a work desk and the convenience of an in-room mini-fridge to make your stay with us both comfortable and relaxing.

The Hotel Halifax can be reached at:

902-425-6700 or toll free at 1-833-357-8155.

Reservations can also be booked online at:

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

## INN ON PRINCE IN TRURO

Inn on Prince is conveniently located near downtown Truro. All rates include a complimentary hot buffet breakfast, parking, wifi and access to our indoor pool & fitness centre. All rooms feature a mini fridge, microwave, coffee maker and brand new 55" Smart TVs with 70+ quality HD channels and Google Chromecast. Plus, we have a beautiful restaurant, lounge and seasonal patio on site-- Bistro on Prince.

**The 2026 rate is \$129 off season. This rate is transient only and does not apply to group blocks (which are negotiated based on season, demand & availability).**

Hotel 902.895.1651

437 Prince St, Truro, NS

NSTU-Inn on Prince Truro

## INVERARY RESORT

**15% OFF**

368 SHORE ROAD, BADDECK offers NSTU and RTO members and employees leisure and business preferred rates throughout 2026(traditional rooms only).

**15% DISCOUNT** on our traditional rooms during our season of 2026. 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.

## LORD NELSON HOTEL & SUITES

The Lord Nelson Hotel & Suites is pleased to offer NSTU & RTO members a special preferred rate. Membership identification is required at check-in. Rates are for one room booking per membership card. Rates are based on availability, some conditions apply, and are subject to change without notice.

To book reservations online at [www.lordnelsonhotel.ca](http://www.lordnelsonhotel.ca), or contact the hotel directly ask@lordnelsonhotel.com 1-800-565-2020, (902)423-6331

- |                                     |          |
|-------------------------------------|----------|
| • Petite: January to April 2026     | \$129.00 |
| • Petite: May to June 2026          | \$169.00 |
| • Petite: July to October 2026      | \$209.00 |
| • Petite: November to December 2026 | \$139.00 |
| • Classic: January to April 2026    | \$149.00 |

- Classic: May to June 2026 \$199.00
- Classic: July to October 2026 \$229.00
- Classic: November to December 2026 \$149.00
- Executive King: January to April 2026 \$169.00
- Executive King: May to June 2026 \$219.00
- Executive King: July to October 2026 \$269.00
- Executive King: November to December \$179.00

[Book Lord Nelson NSTU Offer Now](#)

We look forward to welcoming you!

### **MOXY HALIFAX DOWNTOWN HOTEL**

We are downtown energy at its best. You bring your energy. We'll bring the vibe. #Playon. We are pleased to offer NSTU and RTO members our Corporate Rate.

Forget everything you know about your typical traditional hotel experience, we're here to show you a good time! At our brand-new "boutique style" hotel, you will not find your traditional front desk, we replaced that experience with a bar, living room, games room and library which sets the tone for a social, playful, and fun experience. Our guests check in at the Bar Moxy and their first drink is included in their rate.

Corporate rate available for NSTU and RTO Members  
Conditions:

Available to NSTU members (active and retired) – must provide proof of NSTU Membership at check-in

Book through this link to receive the preferred rate: NSTU-Moxy Halifax

[Book your corporate rate for  
Nova Scotia Teachers Union](#)

Moxy Halifax Downtown  
5417 Cogswell Street, Halifax, NS, B3J 1R1  
1-888-236-2427  
902-377-6699  
moxyhalifax.com

### **THE PRINCE GEORGE HOTEL**

A luxury hotel—completely renovated from top to bottom—located in the centre of downtown Halifax. The NSTU and RTO rate for 2025, includes FREE WIFI

Offers NSTU and RTO members the following rates for 2025 for the Deluxe Guestrooms:

<b>January 1-March 31, 2026</b>	<b>\$137.00</b>
<b>April 1-October 31, 2026</b>	<b>\$187.00</b>
<b>November-December 31, 2026</b>	<b>\$137.00</b>

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

### **Sandman Signature Dartmouth Hotel and Suites**

Your guestroom at Sandman Signature Dartmouth Hotel & Suites features a range of amenities, which have been thoughtfully provided to make your stay as comfortable as possible. This includes individual climate control, a mini fridge and microwave, and a work desk with high-speed Wi-Fi. Many of our rooms have kitchenettes, which offer the freedom to prepare and cook simple meals thanks to a 2-burner stove top, cookware and tableware. Within walking distance of the hotel, you'll find Dartmouth Crossing (1km), which is home to a Cineplex Cinema as well as popular retail outlets. Meanwhile, Downtown Dartmouth is just 7km away and Downtown Halifax is just 10km. Sports fans will enjoy being within walking distance from RBC Centre, and you can enjoy world-class events at the Scotiabank Centre (9.5km).

To book a reservation, simply call 902-482-4340 or go to our webpage and enter the Online Booking code in the "Promo Code" field.

- January 1 – May 30, 2026: \$143.00 per night
- June 1 – August 31, 2026: \$164.00 per night
- September 1 – December 31, 2026: \$143.00 per night

[www.sandmanhotels.com/signature-dartmouth](http://www.sandmanhotels.com/signature-dartmouth)

**ONLINE BOOKING CODE: NSTURTO**

*Should you experience any issues using your code, please email [res\\_dartmouth@sandman.ca](mailto:res_dartmouth@sandman.ca) and they will be happy to assist*

*This pet-friendly hotel in Dartmouth features an indoor pool and hot tub, a state-of-the-art fitness centre, complimentary onsite parking, Bar One and a 24-hour Denny's restaurant*

### **SIMON HOTEL, SYDNEY**

Offers NSTU/RTO members the following rates for 2026:

- January 1 – June 30, 2026: \$149.00 per night
- July 1 – August 31, 2026: \$192.00 per night
- September 1 – December 30, 2026: \$149.00 per night

14% HST and 3% CBRM Levy

Upgrades are available at an additional cost.

Includes wireless high speed Internet, local calls and free parking. You can now access the special rates for NSTU members when making online reservations at Simon Hotel Sydney.

902-563-7004

Website <https://www.thesimonhotelsydney.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.

January 1 – April 30, 2026: \$149.00 per night (Queen) or \$159.00 per night (2 Double)

May 1 – October 31, 2026: \$214.00 per night (traditional Queen) or \$224.00 per night (2 Double)

November 1 – December 31, 2026: \$149.00 per night (traditional Queen) or \$159.00 per night (2 Double)

Rates are based on availability. 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, BEAUTY and WELLNESS**

### **3D LIFE**

Director-Founder, Facilitator, and Certified Life and Leadership Coach, Michelle Hurlburt, M.Ed. is offering a 20% discount to NSTU members on a VIP, 1-day, personalized professional development intensive designed exclusively for educators and educational leaders. This offer gives you the flexibility to choose your own focus for the day - classroom management, student mental health and engagement, workload and stress management, or leadership - to meet your unique needs.

In an intimate (virtual or in-person) small group or one-on-one setting, you'll receive personalized coaching and facilitated planning support for actionable strategies that will help you thrive, not just survive, in your role and career.

To find out if this is right for you, book a free exploratory call at <https://go.oncehub.com/3DDiscovery> or email Michelle directly at [info@3dlifeinc.com](mailto:info@3dlifeinc.com) to get started.

### **30 MINUTE HIT**

It's Time to Put Yourself First!

You spend your days empowering others—now it's your turn! At 30 Minute Hit, we're here to help you relieve stress, boost confidence, and feel your absolute best with a quick, effective, and FUN workout designed just for women. We offer a high-energy, 30-minute circuit designed for women



of all ages, abilities, shapes, and sizes—combining boxing, kickboxing, core work, and self-defense in an inspiring, supportive, and empowering environment. No experience is needed, and every workout is guided by a dedicated trainer who helps members hit their goals—literally! All members enjoy these exclusive benefits:

- Unlimited Training – Come as often as you like!
- Trainer Included Every Workout – Get guidance and motivation every step of the way.
- All Fitness Levels Welcome – No experience needed, just show up and hit it!
- No Class Start Times – Workout on your schedule—just walk in and go!
- Access to All Locations – Train wherever works best for you.
- Hit@Home Online Workouts – Stay on track, even from home!
- Strong Community & Proven Results – Join a supportive group of women who lift each other up!

Exclusive Teacher Offer: Enjoy 25% off your monthly membership!

You give so much—now it's time to invest in YOU!

Ready to feel stronger, more energized, and empowered? Go to [www.30MINUTEHIT.com](http://www.30MINUTEHIT.com) to book your free first workout!

1239 Bedford Hwy  
Bedford, Nova Scotia, B4A 1C5  
902-407-5050  
[bedford@30minutehit.com](mailto:bedford@30minutehit.com)

798 Main Street  
Dartmouth, Nova Scotia, B2W 3V1  
(902) 462-4893  
[dartmouth@30minutehit.com](mailto:dartmouth@30minutehit.com)

## ACCESS ACUPUNCTURE

**15% OFF**

Access acupuncture is thrilled to be offering a 15% discount on all appointments & herbal prescriptions to the hard-working members of the NSTU!

Acupuncture & Chinese medicine provide effective natural relief & management for many conditions, including but not limited to:

- musculoskeletal pain & dysfunction
- digestive disorders
- respiratory conditions
- gynecological & hormone conditions
- stress disorders

With over 25 years of experience & qualification in acupuncture & traditional Chinese herbal medicine, our

practitioners are also certified in the Balance Method, which is a highly advanced & effective style of acupuncture from Taiwan.

Access Acupuncture is located at 11 Akerley Blvd unit 100. Direct billing is available for most insurance plans.

For more information or to book an appointment, please call 902-999-4325 or visit our website at

[WWW.ACCESSACUPUNCTURE.CA](http://WWW.ACCESSACUPUNCTURE.CA)

## ASCENDO FITNESS

**20% OFF**

**Ascendo Fitness** is offering all NSTU and RTO members **20% OFF** an annual membership at a total of \$384/year (or \$32.33/month).

All trainers are certified, which means they've been trained in anatomy, physiology, and nutrition. They understand that no two bodies are alike and will work with you to motivate and encourage you with a customized plan. Services offered from our trainers include one-on-one personal training, small group personal training, large group fitness classes, competition preparation as well as "off season" meal and workout plans, counseling for nutritional change as well as personalized online training. Our high standards for modern and clean facilities, as well as a respectful space ensure everyone can focus on what they came to do. Our shake bar and snacks available provide nutrition options on the go.

**147 Prince Street, Sydney, NS.**

Phone: (902) 270-7747

Email: [ascendofitness@gmail.com](mailto:ascendofitness@gmail.com)  
[www.ascendofitness.com](http://www.ascendofitness.com)

## THE BEAUTY ROOM

**15% OFF**

The Beauty Room offers nail services and lash services and I'm located in Spryfield. You can contact me at

1(902) 402-1877 to book services.

Email: [Melissa\\_rhyno@hotmail.com](mailto:Melissa_rhyno@hotmail.com)

Instagram: [@thebeautyroomhfx](https://www.instagram.com/thebeautyroomhfx)

Tax free for RTO and NSTU members

## AURA WOMEN'S WELLNESS

**FREE 5 CLASS**

Aura Women's Wellness is a collaborative space in the North End of Halifax where practitioners, instructors and educators come together to offer a more holistic approach to women's and gender-diverse health.

Aura's goal is to provide you with access to knowledge, tools, and support to allow you to make informed decisions about your health. We hope to create a sense of curiosity and openness that allows you to embrace each and every life phase, providing you with the comfort and confidence to be in your own skin.

We are pleased to offer all NSTU members the following:

Receive a **FREE 5 CLASS** pass to our movement studio (includes group strength training, mat pilates, & yoga) when you book your first treatment service. Our providers offer the following treatment services: physiotherapy, pelvic floor physiotherapy, counselling therapy and massage therapy. Online booking and direct billing available!

You give your all to others - let us help you give a little back to yourself!

3174 Isleville Street, Halifax NS

Phone: (902) 405-0282

Web: [www.aurawomenswellness.ca](http://www.aurawomenswellness.ca)

[info@aurawomenswellness.ca](mailto:info@aurawomenswellness.ca)

Instagram: @aurawomenswellness

## BOOST HEALTH CLINIC

**We are extending these discounts to all active teacher, retired teacher, union staff, and their families**

Physiotherapy 10 % off

Chiropractor 25% off the first appointment and 10% off on all follow up appointments

- Massage Therapy 15% off
- Acupuncture 10% off
- Cupping 10% off
- Podiatry 10% off
- Custom Orthotics (\$350) taxes included

Also, we offer wide range of knee, ankle, toe, thumb, wrist, and hand braces for a very affordable prices. As well as walking aids and crutches.

We are located at 6080 Young Street, which is in the middle of the city with a big parking lot for our customer and accessibility entrance for our patients.

**1(902) 495-2489 to book an appointment or visit**

**[www.boosthealth.ca](http://www.boosthealth.ca)**

## CANADA GAMES CENTRE

**Canada Games Centre** 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).

**26 Thomas Raddall Drive, Halifax, NS**

## COMFORT ORTHOTICS & PODIATRY CLINIC

Custom Made Orthotics **\$420** fabricated on-site and ready for pick up in one week. Each additional pair from the same cast (within a 2 to 2-1/2 year period) only \$350/pair. Footwear \$10 discount on regular priced shoes – Over 20 brands and 160+ styles in stock , Free gloves and wash

solution with purchase. Receipts will be issued for claims through your medical plan.

**Sunnyside Mall (main level) 1595 Bedford Hwy, Suite 111**

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!

### **Creating Your Balance Counselling Therapy (CYBCT)**

CYBCT is a counselling practice offering services to couples, families, and individuals across Nova Scotia. We offer sessions via secure video, telephonic, and in-person. Our specialties are Behavioral Family Therapy, Dialectical Behavior Therapy, CBT for anxiety & depression, and group offerings.

CYBCT would like to offer NSTU members and their families 20% OFF an initial session and then a 10% discount thereafter.

Website:

<https://creatingyourbalancecounsellingtherapy.com>

Email: [creatingyourbalance@gmail.com](mailto:creatingyourbalance@gmail.com)

Phone: 902-420-6934

Book now: <https://creatingyourbalancecounsellingtherapy.janeapp.com>

### **DARTMOUTH ACUPUNCTURE**

**10% OFF**

**SAVE 10% OFF** and receive FREE intake. Services

- Acupuncture
- Cupping
- TuiNa (A type of Chinese massage)
- Hot Stone massage
- Reflexology

Dartmouth Acupuncture is located in beautiful Shubie Park in Dartmouth. We treat a wide range of issues from sciatica, frozen shoulder, digestion, sleep, anxiety, depression, and more.

Please reach out today and see if acupuncture may be what you need.

Acupuncture is its own billing stream. You get 20 sessions per year and it doesn't affect your massage or other modalities.

38 Locks Road, Dartmouth, Nova Scotia B2X 2J5

902-802-2336 call or text

[dartmouthacupuncture.com](http://dartmouthacupuncture.com)

### **DERMAENVY SKINCARE TM**

**15% OFF**

**SAVE 15% OFF** all regular priced laser hair removal and skincare treatments. Free consultations by appointment.

DermaEnvy SkincareTM is your Laser, Medical Aesthetics + Skin Care Clinic offering the latest in Medi-Spa and Non-Invasive cosmetic treatment technology.

**Halifax Location: Bayers Lake Business Park**

**Dartmouth Location: 50 Tacoma Drive, Unit 18A**

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

### **ENLIGHTEN LASER & SKIN CARE**

**CLINIC**

**15% OFF**

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

**635 Portland Hills Dr., Dartmouth, NS**

**Bedford** call 902-835-2800

**1475 Bedford Highway, Suite 106, Bedford, NS**

For complete details, visit us at [enlightenlaser.ca](http://enlightenlaser.ca)

### **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!

**2631 King St, Halifax, NS**

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**

902-881-4865

### **GRACEFUL LIFE COUNSELLING**

**20% OFF**

Graceful Life Counselling is a telecounselling service approved by the NS College of Social Workers and registered with the Blue Cross. Graceful Life would like to offer **20% OFF** an initial session and then a **10% discount** thereafter.

- **Grief and Loss**
- **Divorce and Separation**
- **Parenting and Step-parenting**
- **Interpersonal Relationships**
- **Occupational Stress**
- **Highly Sensitive People (HSP's)**
- **Addiction Recovery**
- **Coping with Trauma**

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

**506-832-5433**

### **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. Packages starting at **\$299!**

**73 Tacoma Drive, Suite 300, Dartmouth, NS**

902-818-7848 (QUIT)

[info@quitsmokinghalifax.com](mailto:info@quitsmokinghalifax.com)

902-301-7430

### **LOCAL BODY WELLNESS**

**15% OFF**

NSTU & RTO Members: 15% OFF your initial visit

- We offer massage therapy that supports both functional relief and relaxation
- Direct billing available
- Limited onsite parking available during your appointment

25 Wentworth Street, Unit 206. Dartmouth, NS

Web: [www.localbody.ca](http://www.localbody.ca)

Email: [info@localbody.ca](mailto:info@localbody.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.

Kingswood Chiropractic Health Centre

**1210 Hammonds Plains Road, Halifax** 902-832-1411; OR

Dr. MacAdam Chiropractic and Associates

**6777 Quinpool Road, Halifax;** 902-407-3347

**71 Duke St., Chester;** 902-802-1257.

Visit [www.erinbalodis.com](http://www.erinbalodis.com) for more information.

### **NEPSIS FLOATATION INC.**

**15% OFF**

Nepsis Floatation Inc. offers floatation therapy in 45, 60 or 75 minute sessions. We are offering NSTU and RTO members **15% OFF**. It involves floating in a solution of epsom salt and warmed water in either a pod or in our open float pool. It is a sensory reduced environment to help relax the body and reset the mind. Many have



found it helpful for body aches and pains, anxiety, depression, sensory overload and general reduction of stress levels. It helps mitigate burnout as well.

325 Main St. Suite 2  
Antigonish, NS. B2G 2C3  
Ph: 902.863.0576  
[www.nepsisfloatation.ca](http://www.nepsisfloatation.ca)

## ORANGETHEORY FITNESS

**\$10 OFF**

Use your NSTU Membership to receive a \$10 per month discount off current regular rates on our Premier (unlimited classes per month) or Elite (8 classes per month) memberships. Offer cannot be combined with any other promotions or specials. Call or text (902) 800-3206 or email [studioca149@orangetheoryfitness.ca](mailto:studioca149@orangetheoryfitness.ca) for more details or to join.

At Orangetheory, it's all included: certified personal trainers, science-backed workouts tailored to you, and real-time technology-tracked performance. Our workouts are designed to burn fat, boost your metabolism, and improve your overall health, all for as little as \$8 to \$12 per session.

We know teachers are busy, and respect that. After your 1-hour workout you will see from inside our studio that it's not a competition — it's a community. Together, we're working toward a better version of ourselves to live a longer, more vibrant life.

To learn more about our workouts or the science behind them visit [orangetheory.com](http://orangetheory.com)

\*For new members only

\*Current members can access via refer and receive program

\*Contact Orangetheory Dartmouth for full offer details

**HALIFAX | BEDFORD | DARTMOUTH**

## ROACH CHIROPRACTIC AND LASER CENTRE

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.

**1160 Bedford Highway, Bedford, NS**  
902-404-3828  
[www.roachchiropractic.com](http://www.roachchiropractic.com)

## 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**  
**6088 Quinpool Road, Halifax, NS**  
902-429-8784  
[www.sgc cosmetic.com](http://www.sgc cosmetic.com)

**SG•medi•spa**  
**463 Main Street, Wolfville, NS**  
[www.sgmedispa.com](http://www.sgmedispa.com)

## SMU: HOMBURG CENTRE FOR

**15% OFF**

## HEALTH AND WELLNESS

SMU Homburg Centre for Health & Wellness

The Homburg Centre for Health & Wellness, located at 920 Tower Road on the campus of Saint Mary's University is offering a 15% corporate discount off their one year SMUfit membership rates.

The Homburg Centre includes an integrated wellness program space, a large community studio/fitness room, community seminar rooms, a mid-size studio, a small studio, support space, Squash Courts, and Gymnasium.

We offer a variety of programs and classes such as yoga, Pilates, Zumba, Squash along with Personal Training and Heart for Life program for post cardiac patients/seniors. For more information on memberships rates, classes call 902-420-5555, drop by for a tour or visit our website.

**920 Tower Rd, Halifax, NS**  
(902) 420-5555  
[smu.ca/campus-life/smuft-main.html](http://smu.ca/campus-life/smuft-main.html)



## 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: 620 Nine Mile Drive, Bedford, NS**

**Dartmouth: 114 Woodlawn Road, Dartmouth, NS**

**Halifax: 5508 Spring Garden Road, Halifax, NS**

(902) 435-1001

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

## STARRYSKY AESTHETICS

**15% OFF**

Starrsky Aesthetics is pleased to offer a **15% DISCOUNT** on services to NSTU members, and is owned and operated by a fellow NSTU member. Our goal is for you to feel as beautiful on the outside as you are on the inside by enhancing the appearance of your skin. We offer a variety of treatments using safe and effective DPC, laser, and radio-frequency technology. These treatments include laser hair removal, tattoo removal, skin rejuvenation and tightening, body slimming, cellulite reduction, carbon correcting facials, and more. We pride ourselves on providing a safe, inclusive, and client-centred experience, and would love to assist you with your skincare goals. To book a FREE consultation at our studio in Upper Tantallon, please visit us at <https://starrskyaesthetics.square.site> or email [starrskyaesthetics@gmail.com](mailto:starrskyaesthetics@gmail.com).

## TOUGHMONKEY PHYSICAL TRAINING

**30% OFF**

Tough Monkey Physical Training Ltd. is pleased to offer all NSTU and RTO members 30% OFF any program and course.

- Benefits of our Virtual Programs:
- Build confidence and empowerment learning physical skills and exercise.
- Get your brain fired up with new neuromotor pathways!
- Burn off stress and cortisol to improve your mental health.

- Improve your physical health and immune system.
- Do all this from the comfort of your living room!

Being a teacher can be so rewarding! Being mentally and physically resilient to handle all the challenges you may face daily is vital. We can help! Join us virtually for a new way to get in shape, recharge your brain, and strengthen your body, all from the cool comfort of your home. Starting September 12, join us each Tuesday at 6:00pm for a free open forum Q&A Virtual session with our Founder, Marc, to learn more about who we are and what we do: [https://us06web.zoom.us/join/9yZFGMCZwEF5\\_ZtIE](https://us06web.zoom.us/join/9yZFGMCZwEF5_ZtIE)

[www.toughmonkey.ca](http://www.toughmonkey.ca) | Phone: 902-222-2882 | Email: [connect@toughmonkey.ca](mailto:connect@toughmonkey.ca)

## ZOOMERS PHYSIOTHERAPY &

**10% OFF**

## HEALTH SOLUTIONS

At Zoomers Physiotherapy & Health Solutions, our health and fitness services are designed to support adults before, during and after injury.

We are excited to offer all NSTU and RTO members 10% off massage therapy services.

We're looking forward to helping you live the life you love!

Call us or book online to get started today!

Plenty of parking and ground-floor, storefront access

**291 Horseshoe Lake Drive in Halifax, NS**

902-453-1525

[zoomershealth.ca](http://zoomershealth.ca)

## RESTAURANTS & TAKE-OUT

### BOSTON PIZZA (YARMOUTH)

**10% OFF**

Boston Pizza Yarmouth, is offering NSTU members **10% OFF.** 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.

**134 Starrs Rd., Yarmouth, NS**

902-742-5697

## DOMINOS PIZZA

**40% OFF**

Discount: 40% off any build your own pizzas (not applicable for feast pizzas or side items) available for pickup or delivery. You may order any size and as many pizzas as you wish at a time. Please note for orders over 50 pizzas the code may need to be entered more than once. Order system: **ONLINE ONLY** through [dominos.ca](https://dominos.ca) or the app (must have store location selected for it to work properly), if there are issues online the store managers may be able to help with overrides but this is time consuming and not all shift managers have override codes so it should be at least attempted online first.

Locations: All 6 locations in Nova Scotia  
-950 Bedford Highway 902-444-9999 ext 2 (Bedford)  
-480 Parkland Drive 902-444-9999 ext 1  
(Clayton Park, Fairview, Fairmount)  
-3580 Novalea Drive 902-420-9999 (North End Halifax, dividing line is Chebucto and North Street)  
-6024 Quinpool Road 902-431-9999 (South End Halifax)  
-118 Wyse Road 902-446-4444 ext 1  
(within the Circumferential Highway Dartmouth and parts of Burnside)  
-50 Tacoma Drive 902-446-4444 ext 2 (Dartmouth outside of Circumferential Highway going as far as Forest Hills Parkway in Cole Harbour and also parts of Burnside)

School Lunch Program Available for students for \$10 Large Pizzas and \$12 XL pizzas (special whole grain dough available for schools only)

Best uses of NSTU code:

- Any small pizzas
- Any medium pizzas when getting just 1 single pizza with any number of toppings
- When getting 2 or more medium pizzas, ones with just cheese or 1 topping, or 3 plus toppings are best with the NSTU deal, when getting more than 1 medium with exactly 2 toppings the mix and match special available to the public is a slightly better deal at \$8.99 each.
- Any large pizza for delivery (delivery charges will apply as well though)
- For carryout orders any large cheese only or up to 2 toppings, or for larges with 6+ toppings. Pizzas ordered with 3 to 5 toppings are a slightly better deal with the \$12.99 large carryout special available to the public.
- Save more every Monday as we currently run 50% off any build your own pizzas online every Monday with offer code 8567 available to the public.

-Please note that we do rotate several specials throughout the year, and from time to time other deals may come up of equal or better value available for a short limited time only. The cost comparison listed here is compared to the specials we regularly run for all or most of the year. Prices may change during the year due to cost increases that may change the value of deals listed.

Please note we also have a rewards program you can sign up for online as well and for every 6 orders over \$10 you get a free medium 2 topping pizza!

[dominos.ca](https://dominos.ca)

## JESSYS PIZZA

**15% OFF**

Jessys Pizza in Lower Sackville is pleased to offer our NSTU and RTO members a discount off 15% OFF.

- Pizza
- Garlic Fingers
- Fish or Chicken and Chips
- Jessy's Famous Donairs
- Burgers
- Wings
- Nachos and Poutine
- Wraps
- Subs, Salads and more ...

**99 Cobequid Road, Lower Sackville, NS**

(902) 865-6666

**300-501 Timberlea Village Parkway, Timberlea**

(902) 405-6665

<https://jessypizza.ca/menu-nova-scotia-2>

## 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-All purchases are before taxes. Cannot be combined with Book Credits or any other deals or sales. Excludes new books.

**1187 Cole Harbour Road, Dartmouth, NS**

902-435-1207

[dartmouthbookexchange.ca](https://dartmouthbookexchange.ca)

## TATTLETALES

**20% OFF**

Tattletales offers a **20% DISCOUNT** to NSTU members.

**114 Woodlawn Road, Dartmouth, NS B2W 2S7**

902-463-5551

email address is: [frontdesk@tattletalesbooks.ca](mailto:frontdesk@tattletalesbooks.ca)

Our website is also a great resource for teachers with book recommendations from fellow teachers, suggestions for how to use books in lessons and so MUCH more.

<https://www.tattletalesbooks.ca/>

## WOOZLES

**20% OFF**

Halifax offers **20% OFF** classroom purchases to NSTU members.

6013 Shirley Street, Halifax, NS

902-423-7626

<https://www.woozles.com/>.

## HOME AND GARDEN

### ALLSTAR FUELS

**3.0 ¢ 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.

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 NSTU, RTO and PSSAANS members. 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.

1-800-341-2073

## DULUX PAINTS

**10% OFF**

**10% OFF our Ben and Element** NSTU ID at time of purchase. Come into our stores and get a **free Dulux Club Membership**.

**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)

## MORTGAGE ARCHITECTS

**\*\*Teacher Mortgage Promotion\*\***

Teachers have stood at the forefront of the education system during the pandemic to keep our schools safe and our education system functioning. Your extraordinary efforts have not gone unnoticed which is why Mortgage Architects wants to offer you **DISCOUNTED RATES** and a **CASH BACK** incentive (up to \$2,000\*) when buying a home, refinancing, or renewing your mortgage.

Contact Andrew, Alex & Darcy at Mortgage Architects

Call/text: 902-240-7212

Email: [teachers@teachermortgagepromo.ca](mailto:teachers@teachermortgagepromo.ca)  
[www.teachermortgagepromo.ca](http://www.teachermortgagepromo.ca)

## MORTGAGE CENTRE

**\$100 Gift Card**

When employing Jeff Brennan's mortgage services for renewal, refinance or a new mortgage, NSTU members will receive a **\$100 gift card** to a local brewery or winery.

Call/Text: 902 414 2643,

Email: [jeffbrennan@mortgagecentre.com](mailto:jeffbrennan@mortgagecentre.com)

Website: [www.jeffbrennanmortgages.com](http://www.jeffbrennanmortgages.com)

## NOVA CLEAN AIR

In Halifax Regional Municipality is offering NSTU members who have a ductless heat pump **10% OFF** the website's retail price. Members can book a time and date online via <https://novacleanair.ca> or by calling 902-210-8306. Discount will be calculated at the time of payment (after work is done). NSTU identification is required at the time

of payment. If you reside outside of HRM, please give them a call for cost and availability. Currently serving from Upper Tantallon to Musquodoboit Harbor and as far north as Elmsdale. [info@novacleanair.ca](mailto:info@novacleanair.ca)

### OCEANS OF OPPORTUNITY PAINTING CO.

Oceans of Opportunity Painting Co. provides efficient, durable craftsmanship served with love and laughter, just like Dad did it.

With our generations of mindful detail, efficient processes and product knowledge, you and your home will receive the highest level of care, guaranteed.

Our no-mess policy means your home is left cleaner than we found it, bringing you a newly transformed interior on budget.

Worried about colour selection? We help with that too. Wondering how much it may cost to paint your home?

Book Your Free Consultation with Ocean -  
[OceansPaintingCo@Gmail.Com](mailto:OceansPaintingCo@Gmail.Com),  
902-817-2225, @OceansPaintingCo  
**OFFERING: 20% OFF**

### PAINT SHOP

We are delighted to extend a 10% discount to your members on our ben interior paint and element guard exterior products. This exclusive offer is valid at participating paint shops in atlantic canada.

Card-carrying members can enjoy this special discount as a token of appreciation for their continued support. Please take a moment to inform your members about this new offer from your friends at the paint shop, canada's largest benjamin moore retailer.

To avail of the discount, members simply need to present their membership card during in-store purchase. Please note that this offer is valid only at participating paint shops and cannot be combined with any other ongoing promotions.

Thank you for your ongoing partnership, and we look forward to serving your members with quality products and exceptional savings.

Bridgewater 150 Logan Road (902) 543-2427

Burnside/Halifax 202 Brownlow avenue, unit 540

(902) 468-8408

Lower Sackville 534 Sackville Drive Unit 2A

(902) 865-6542

Quinpool Rd, Halifax 6243 Quinpool Road

(902) 423-4915

Strawberry hill, Halifax 3667 Strawberry Hill

(902) 455-1335

Bayers Lake, Halifax 120 Susie Lake Crescent

(902) 446-3990

### ULTRAMAR HOME HEATING

**6.0 ¢ 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 furnance oil and receive a \$100 gift card! Contact: Bill Kelvey at 902-456-7413.**

### YELLOW WASH HOME EXTERIOR CLEANING

Save 20% on Our Mobile Home Exterior Cleaning Services!

As a token of appreciation for the hard work and dedication of Nova Scotia's teachers, we're excited to offer NSTU members an exclusive 20% discount on our services.

- . House Wash
- . Pressure Washing
- . Soft Washing
- . Window Cleaning
- . Roof Cleaning

Contact Yellow Wash Home Exterior Cleaning to schedule your appointment and redeem your discount!

**Call us: (902) 561-0317**

**Email us: [Booking@Yellowwash.ca](mailto:Booking@Yellowwash.ca)**

**Visit our website: [YellowWash.ca](http://YellowWash.ca)**

Remember to mention your NSTU/RTO membership when booking to receive your 20% discount!

## AUTOMOTIVE

### ENTERPRISE CAR AND TRUCK RENTALS

Offers a discount to NSTU members. By quoting **#T401793** 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 or call 902-453-6929 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**

**Truro: 70 Juniper St.**

902-453-6762

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

New Brunswick locations are Bathurst, Dieppe, Moncton, Fredericton, Sussex and Saint John.

### KROWN RUST PROTECTION

**15\$ OFF**

This discount is set up at all Krown locations in Nova Scotia. We have a dealer network of 22 shops around the province. Please find the program offer below:

Krown Rust Protection – Discount will be applied to any Krown Application between January 1, to August 31st each year, no expiry.

Members will receive \$15.00 off the current retail price of a rust protection spray when they present the coupon code either digitally or printed off. This offer is extended to all family members as well.

We will also work on a special link for all union member with a specific code that can be accessed on their phones or can be printed off at home.

Below is a chart as an example of the pricing.

Discount Program: Current Price Discount

EMPLOYEE PRICE

Any Car Pricing: \$ 149.95 - \$ 15.00 = \$ 134.95 + HST

Mini Van/Small SUV \$ 159.95 - \$ 15.00 = \$ 145.95 + HST

Extra-Large SUV (ie. Cadillac Escalade) \$ 169.95 - \$ 15.00 = \$ 155.95 + HST

2 Door Pick Up (ie. Ford F150, 2 door) \$ 159.95 - \$ 15.00 = \$ 145.95 + HST

All 3 or 4 door pick up trucks. \$ 169.95 - \$ 15.00 = \$ 155.95 + HST

Heavy Duty Pickup \$ 169.95 - \$ 15.00 = \$ 155.95 + HST

Full size cargo or passenger van. \$ 169.95 - \$ 15.00 = \$ 155.95 + HST

\*Please note this incentive cannot be combined with any other incentives or coupons.

### MIDAS - TOTAL CAR CARE

**10% OFF**

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

### 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.scotiaauto.com/promo/nstu.htm](http://www.scotiaauto.com/promo/nstu.htm)

Call HRM & Tantallon/Windsor

Ron Tibert – 902-456-5201

South Shore, Hubbards, Chester to Liverpool

Ron Tibert - 902-523-1180.

Whenever you are "out & about" show your NSTU/RTO Membership ID Card! Let us know about any other great Deals & Discounts!

Phone: 902-477-5621 1-800-565-6788 [nstu.ca](http://nstu.ca)



## CLOTHING & FOOTWEAR

### COLUMBIA SPORTSWEAR

KEEPING YOU OUTDOORS SINCE 1938

From a local hat company to a global leader in the outdoor industry, we've been busy helping adventurers take on whatever Mother Nature throws your way for more than 85 years. NSTU and RTO members **SAVE 10%** at Dartmouth Crossing location **ONLY**, 30 Hector Gate, Dartmouth, NS B3B 0K3

<https://www.columbiasportswear.ca/>

### MANITOBAH

Manitobah sincerely thanks all educators and invites all members of the NSTU to save on our footwear! Use discount code 24NSTU20 to **SAVE 20% OFF** all regular and sale priced items online or in one of our retail locations. This discount cannot be combined with other discounts and excludes products from our Indigenous Market or gift cards.

<https://www.manitobah.ca>

### MURPHY GEAR

**20% OFF**

Murphy Gear offers NSTU members a wide selection of work and safety footwear and clothing. Visit [www.murphygear.com](http://www.murphygear.com) to see our full selection of high quality brands. Murphy Gear is a locally owned and managed company, store location is 580 Wright Avenue, Dartmouth NS. 1 800 565 7540, 1902 443 8641 or direct your questions to [sales@murphygear.com](mailto:sales@murphygear.com). Store open Monday to Wednesday 8:30 AM to 5:00 PM. Thursday and Friday 8:30 AM to 7:00 PM. Saturday 10:00 AM to 4:00 PM.

- Work Clothing **20% OFF**
- Work Boots and Safety Shoes **20% OFF**
- Accessories **10% OFF**

Discount applies to stock items only, not combined with other offers. Please present union I.D. at point of purchase.

**580 Wright Ave Dartmouth, NS B3B 0H8**

(902) 443-8641

1-800-565-7540

[sales@murphygear.com](mailto:sales@murphygear.com)

### SAMUEL & CO.

Shop Samuel & Co. and save TAX FREE off regular priced merchandise! Find the perfect wardrobe essentials from Canadian brands like Tribal, Charlie B, Joseph Ribkoff, Frank Lyman, Parkhurst and so much more – hurry in today!

\*Discount applied to regular price. Excludes Free People and Z Supply. Cannot be combined with ongoing promotions. Other exclusions may apply.

<https://www.samuelandco.ca/contact1/>

### 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 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.

Company Name: Nova Scotia Teachers Union

<https://www.softmoc.com/ca/GetMyCorporateReward.aspx?company=novascotiasteachersunion&c=148x5741154148>

Have members click on link, this will automatically link member to your rewards at softmoc.com

Instructions for NSTU and RTO members:

1. Click on the Corporate Rewards Link
2. Create your account or login
3. Click "Corporate Rewards"
4. Click "Generate Code"

Happy Shoe Shopping!

### 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, NS**

902-468-7911

## UNDER ARMOUR

**10% OFF**

**Under Armour**, Dartmouth Crossing location offers a 10% discount year round with the occasional elevated discount of 20% only during certain times of the year. Members can sign up in store to receive additional promotional information via email.

Under Armour makes game changing sports apparel, including athletic tops, shoes, and accessories. Using responsive textiles and gear, scientifically designed to enhance performance.

**Dartmouth Crossing – Store 663**

**27 Hector Gate**

**Dartmouth, NS B3B 0C1**

**902.468.3569**

## COMMUNICATIONS

### Bell Exclusive Partner Program

**30% OFF**

- Exclusive Bell Mobility rates, up to **30% OFF**  
[www.bell.ca/epp](http://www.bell.ca/epp)

- Up to 5 EPP subscribers per employee.
- Exclusive discounts on select devices.

Nova Scotia Teachers Union employees & members can take advantage of the exclusive offers by following these three easy steps:

1. Register (Sign Up) at [bell.ca/EPP](http://bell.ca/EPP) This site will also provide more details on the program. (Please note when registering for the first time on the EPP portal company name is listed under "Nova Scotia Teachers Union" and will appear in the drop down box. Please select )
2. Get your unique offer code to quote when you order. To generate the unique offer code you will be asked to use your personal email address and will be asked to upload proof of employment through a pay stub, ID badge or letter of employment.
3. Once you are ready to proceed and have your offer code please call our EPP team at 1-833-964-4479 to complete your order. You can call the EPP team at 1833 964-4479 and they will walk you through the validation
4. process if you have any problems.

## ROGERS CELLULAR

**30% OFF**

### Rogers Preferred Program

Exclusive Offers for NSTU employees & members from Red Wireless, your Rogers Authorized Dealer  
Sign up for The Rogers Preferred Program to get:

- Up to **30%** in savings on a Rogers Infinite™ plan
- Additional Exclusive Monthly Bonuses
- Unlimited Data Canada-wide
- Unlimited talk and text within Canada
- A brand-new device for \$0 down and 0% financing
- Additional device discounts up to 9 lines
- Safe contactless sales & delivery
- Free Shipping

To view and access these exclusive offers please visit the link below or contact Red Wireless. Please note, you will be required to show proof of employment/membership to complete your order in the form of a company email.

[www.redwireless.ca/nstu](http://www.redwireless.ca/nstu)

## TELUS

**Corporate Rate**

- Galaxy S22 Starting from **\$70/MONTH** for a limited time with 4G data, Ts & Cs apply..
- Introducing Stream+ **\$25/MTH** \*\*Save BIG with this new bundle: Netflix Premium, Apple TV + Discovery channels
- BYOD 5G 30GB Plan with Unlimited Data **\$60/MTH** \*
- Financed 4G 15GB Plan with Unlimited Data **\$55/MTH**
- We Protect You! Full Coverage Phone Warranty Online Security (2 devices) SmartHome Security Camera **\$30/MTH**

[JOANNE.SALTZMAN@GBSTECH.COM](mailto:JOANNE.SALTZMAN@GBSTECH.COM)

## MORE DEALS and DISCOUNTS

### ANDERSON SINCLAIR LAW OFFICES

In a recent survey 65% of Canadians do not have their Wills and/or Enduring Power of Attorneys done. This is not acceptable. Having a lawyer prepare and advise you on a proper Estate Plan starts with a FREE CONSULTATION .

Dying without a Will and/or an Enduring Power of Attorney will cost your spouse and children thousands of wasted dollars getting your Estate in order. Why waste this money on court fees and lawyers. PROTECT YOUR FAMILY/SAVE MONEY

Give us a call **1-877-343-9894**

Or email me at [bbalcom@andsinc.com](mailto:bbalcom@andsinc.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.

## CLEAN FOUNDATION FREE PROFESSIONAL LEARNING WORKSHOPS

Clean Foundation is hosting a series of FREE professional learning workshops on climate change for grade 7 & 8 educators (across all subjects) in Nova Scotia! These two-day workshops held across NS will support you to confidently teach climate and environmental focused concepts.

You will leave with not only an understanding of climate change, but also with co-created lessons and a materials kit valued at over \$300 to support climate learning in your classrooms!

Pssst: Funding is available upon request to cover partial substitute teacher fees!

Register for a workshop in your area today:

[cleanfoundation.ca/professional-learning](http://cleanfoundation.ca/professional-learning)  
[professional-learning@cleanfoundation.ca](mailto:professional-learning@cleanfoundation.ca)

## DEBRA WILSON FINANCIAL EDUCATION

Financial Education for Nova Scotia Teachers - This simple, self-directed online "If I Had A \$1000" workshop prepares you to make a well-informed decision about advantages you could gain by allocating \$1000 of savings from your upcoming Retro Pay into your RRSP, TFSA, RESP or FHSA. Visit: [debrawilsonfinancialeducation.ca](http://debrawilsonfinancialeducation.ca) and use the discount code CFWQHVVH70PTQ to **SAVE \$20**. Let's Get Started!

## DIVORCE SOLUTIONS

**10% OFF**

DIVORCE SOLUTION MEDIATION SERVICE Inexpensive Uncontested Divorce Helping families since 1995

Regardless of lifestyle, socioeconomic or cultural status, navigating the court system throughout a divorce proceeding can be a challenging task for anyone. Along with all the benefits there are when using the mediation process, these challenges can be achieved with the assistance of a divorce mediator."

- Mediation is confidential. Any discussions are "without prejudice" and remain private.
- In mediation, you decide what is best for you and your family. Unlike the litigation process through the court and a Judge, the mediator cannot force a decision on you.
- Mediation is an informal format, much more so than litigation and arbitration. It allows both parties to engage and participate more openly.
- The process is voluntary and must come to a joint agreement at the end, with the help and guidance of the mediator. This means that the outcome of your divorce is in your and your partner's hands.
- The mediator can focus both parties on their needs and interests, without getting bogged down by procedures and stated positions.

This enables open dialogue and the ability to resolve issues more effectively.

[info@divorcesolution.ca](mailto:info@divorcesolution.ca)

902.510.0460

[divorcesolution.ca](http://divorcesolution.ca)

Divorce Solution Mediation Service is offering a **10%** discount to NSTU members.

## 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.

**Halifax: 45 Washmill Lake Court** 902-450-0288

**Dartmouth: 15 Lemplair Row Road** 902-461-3032

**Bedford: 161 Damascus Road** 902-702-8827

**Truro: 245 Robie Street** 902-895-0161

**New Minas: 18 Millet Drive** 902-681-7320

**New Glasgow: A005-689 Westville Rd**

(Highland Square Mall) 902-755-2239

## NEPTUNE THEATRE

**20% OFF**

**10% OFF** Adult A/B Seating prices for Neptune 25/26 Season shows.

**10% OFF** Theatre School weekend classes

Use promo code **2526NSTU**

All discount codes are for new purchases only and can not be combined with other discounts

Not valid on subscriptions or packages. Not valid on gift certificates or Theatre School productions. 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).

### PARK 'N FLY

#### Corporate Rate

PARK 'N FLY - Halifax Stanfield International Airport offers a **Corporate Rate** to NSTU members and RTO 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) 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)

### SAUTE

#### 10% OFF

SAUTE Healthy Meals Delivered. Snacks, fresh bowls, sandwiches, hors d'oeuvres and more! Receive **25 % OFF** your first catering order. NSTU25 and NSTU10 for **10% off** all subsequent orders.

[hello@trysaute.com](mailto:hello@trysaute.com)

902-579-9670

### TEACHERS PLUS CREDIT UNION

Offers **FREE for your first 5 Years as a NEW Teacher** 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 TPCU 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

902-477-5664 / 800-565-3103

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

Whenever you are "out & about"  
show your NSTU/RTO Membership ID Card!

Let us know about any other great

Deals & Discounts!

Phone: 902-477-5621

1-800-565-6788

[nstu.ca](http://nstu.ca)

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