

DEALS & DISCOUNTS

for NSTU and RTO MEMBERS

March 2023



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DEALS & DISCOUNTS

for NSTU MEMBERS and RTO MEMBERS

Subject to change without notice.

March 2023



ACCOMMODATION

NSTU CONTRACT HOTELS

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

NSTU LEISURE

HOTEL HALIFAX AND BARRINGTON HOTEL:

The contract hotel for all Nova Scotia Teachers Union business up to June 30, 2023 is The Hotel Halifax, and The Barrington Hotel is the contracted overflow hotel.

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

The following guest rates will apply for NSTU leisure travel \$104.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting less than 95% occupancy)

Between November- April. \$129.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting less than 95% occupancy)

Between May- October. \$144.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting over 95% occupancy)

Between November- April. \$169.00 Leisure rate to include a \$12.00 discounted self-parking rate (when forecasting over 95% occupancy) Between May-October.

*Please note that the rates quoted above are net non-commissionable and do not include the current 2% Halifax Regional Municipality Marketing Levy nor 15% HST.1.

1. Visit www.hotelhalifax.ca and/or www.thebarringtonhotel.ca

2. Select the dates you wish to book on top right (BOOK NOW BUTTON)
3. Once in new page, use the 'Add Code' drop-down menu to select 'Rate Access/Corporate Code', and enter **NSTU23**. Either the \$115 or \$155 rate will appear, if available (on occasion we have special lower rates that may appear)

Let the Hotel 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 premium bedding and simply breath taking 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 Hotel Halifax.

The Hotel Halifax can be reached at 902-425-6700 or 1-888-423-3582. The Barrington Hotel can be reached at 902-429-7410. Reservations can also be booked online through Marriott.com using the Corporate discount code YTY or clicking on the direct booking link below: [Book your corporate rate for Nova Scotia Teachers Union](#).

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: The Best Western Plus Chocolate Lake Hotel is pleased to offer NSTU/RTO members and employees a 15% discount on our rack rate for 2021, valid until December 31st, 2021. Rate includes FREE Breakfast,



parking and Wi-Fi. NSTU membership identification is required. NSTU rate is for one room booking per NSTU membership card. Rates based on availability. Some conditions apply. Call us today for more information 902-477-5611 ext 0 or email res@chocolatelakehotel.com. Visit our website www.chocolatelakehotel.com.

CAMBRIDGE SUITES, HALIFAX

Offers NSTU and RTO members the following rates for 2022 in a Studio Guestroom:

- January 1-March 31, 2023 **\$125.00**
- April 1-October 31, 2023 **\$160.00**
- November-December 31, 2023 **\$125.00**

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.

CAMBRIDGE SUITES, SYDNEY

Offers NSTU/RTO members the following rates for 2023:

- Rates based on standard and One-bedroom Suites

January 1-December 30, 2023 \$140.00

Parking included

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.

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).

All rates does not include Taxes.

- January 1 – March 31 **\$109 - \$149**
- April 1 – June 30 **\$119 - \$159**
- July 1 – October 31 **\$169 - \$199**

560 Bedford Highway, Halifax
902-443-0303

www.choicehotels.com/cn207

DIGBY PINES GOLF RESORT & SPA

1-800-667-4637 or www.digbypines.ca. Rates starting from **\$120/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

Whether you are travelling for business, or a fun-filled weekend getaway, The DoubleTree by Hilton Halifax Dartmouth places you center stage. Neighbouring the Macdonald Bridge, the hotel is just minutes away from downtown Halifax. Quick, easy access to the Alderney Landing Ferry, and Metro Transit Bus Terminal, makes visiting Halifax's popular attractions simple. The hotel embodies a modern and stylish accommodation, with many rooms and suites featuring a scenic view of Downtown Halifax and Dartmouth, Halifax Harbour, and the Bedford Basin.

The health and safety of our guests and staff remains our highest priority, and we are proud to share Hilton's industry leading policies, including Hilton Clean Stay and Event Ready. Increased focused disinfection of top high touch areas in guest rooms and meeting space such as light switches and door handles, reduced single use amenities, and room seals are a few examples of how we are committed to ensuring the highest level of health and safety. Call for more information (902) 463-1100.

Rates included Complimentary Parking, Wi-Fi and local calls. Rates are subject to 24-hour cancellation policy

- January 1, 2023 – March 31, 2023 **\$114**
- April 1, 2023 – May 31, 2023 **\$124**
- June 1, 2023 - October 31, 2023 **\$154**
- November 1, 2023 – December 31, 2023 **\$124**

Direct booking link: <https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=YHZHDDT&corporateCode=0002711546>

You can also book online by going to the hotel website directly and entering the Rate ID:

Doubletree by Hilton Halifax Dartmouth, Nova Scotia

Rate ID – click on “Add Special Rate Codes” and enter 0002711546

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 2022 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.

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 <https://farmhouseinn.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. -heated underground parking (\$25.00 Value); \$2x\$5.00 vouchers for Cabin Coffee (\$10.00 Value).

- **15% OFF**

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 NSTU and RTO members starting at

- Traditional Room **\$111**
- Two Room Suites **\$151**

The NSTU rates complimentary high-speed internet access, local telephone calls, parking, shoe shines, discount at the Redwood Grill (Sunday-Thursday), evening popcorn, snow removal from vehicles in the winter, invited to weekly guest receptions 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

Elevate your experience in Nova Scotia’s bustling capital city with a stay at our newly renovated Halifax Marriott Harbourfront Hotel. Situated along the scenic Halifax waterfront, we offer easy access to the shops and restaurants along the boardwalk as well as the Historic Properties. Fuel up for a busy day in downtown Halifax with a cup of Sissiboo Coffee Roaster Ltd coffee at Balancing Rock Coffeehouse, enjoy the harbour views from our seasonal outdoor Stone’s Throw Patio, or join us at Harbournstone Pour House for seasonal dishes sourced from here in Nova Scotia. Additional hotel amenities include an indoor swimming pool and a fully-equipped gym. Those in Halifax to host an event can take advantage of our expansive venue spaces, including the largest pillarless hotel ballroom in the city. Thanks to our convenient downtown hotel location, you’re perfectly placed to explore Scotiabank Centre, Casino Nova Scotia, Citadel Hill and more

We’re looking forward to welcoming you here to the Halifax Marriott Harbourfront Hotel. 1919 Upper Water Street, Halifax, NS, B3J 3J5, for reservations and information call 902-421-1700/1-800-228-9290.

Rates for NSTU Members, Thursday through Sunday only:

<https://www.marriott.com/events/start.mi?id=1666796028657&key=CORP>

-
- Now – April 29, 2023: **\$199.00**
- April 30 – October 29, 2023: **\$259.00**
- October 30 – December 31, 2023: **\$199.00**

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, 2023- **10% OFF** Best Available Rate
- Parking **is \$25.00**

Homewood Suites, Downtown Halifax

- January 1 – December 31, 2023- **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 or www.halifax.homewoodsuites.com. You may also call the Hampton Inn directly at **902-422-1391** / 1-855-331-0337 and the Homewood Suites directly at **902-429-6620** / 1-855-331-0334 and speak with one of our Guest Service Agents. The above is subject to availability and blackout dates.

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

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

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 2021 (traditional rooms only).

15% DISCOUNT on our traditional rooms during our season of 2023. 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

KELTIC LODGE RESORT & SPA

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

LORD NELSON HOTEL & SUITES

The Lord Nelson Hotel & Suites is pleased to offer NSTU members a special discount of **18% OFF** the Best Available Rate. Rates are subject to change without notice. Blackout dates may apply. Please present proof of membership at time of check-in..

To book reservations online at www.lordnelsonhotel.com use the Promo code NSTU21, or contact the hotel directly at ask@lordnelsonhotel.com 1-800-565-2020, (902)423-6331

Book Lord Nelson NSTU Offer Now

*Added Bonus all stays until the end of April – receive complimentary breakfast to go! To book reservations online at www.lordnelsonhotel.com use the Promo code

NSTU21, or contact the hotel directly ask@lordnelsonhotel.com 1-800-565-2020, (902)423-6331

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 2023, includes FREE WIFI

Offers NSTU and RTO members the following rates for 2023 for the Deluxe Guestrooms:

| | |
|----------------------------|----------|
| January 1-March 31, 2023 | \$130.00 |
| April 1-October 31, 2023 | \$179.00 |
| November-December 31, 2023 | \$130.00 |

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.

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.

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

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.

- March 1 to April 30, 2023 - \$129.00 Traditional Queen / \$139.00 Traditional Double (2 double beds)
- From May 1 to October 31, 2023 - \$189.00 Traditional Queen / \$214.00 Traditional Double (2 double beds)
- November 1 to December 30, 2023 - \$129.00 Traditional Queen / \$139.00 Traditional Double (2 double beds)

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 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

3D LIFE

Michelle Hurlburt, M.Ed., Founder & Life Coach at 3DLife Inc. is offering a 10% discount to NSTU members who sign up for our signature 3DLife™ coaching program, "The Professional Personal Restoration System™ for Educators".

This 1:1 (or small group) program has been created and developed to help you stretch your professional personal

growth, reduce stress, conflict, and overwhelm, and enhance your wellbeing. By doing the work to clearly define what you want and need, design a true-to-you plan to get there, and defy any limits or obstacles getting in your way, The PPRS™ will help you get back to you – feeling reconnected, renewed, and re-committed to your life and work.

Based in Yarmouth, Nova Scotia, Michelle is a global and local educator with 20 years of experience. She earned her B.Ed. at the Nova Scotia Teachers College in 1996, and then completed an M.Ed. in Leadership in Mental Health Education at St. FX University in 2017. Michelle has been a classroom teacher and a teaching principal (for a wide variety of subject areas), worked as an academic and behavior intervention resource teacher, and spent five years as a Social and Emotional Learning Coach and a PATHS® Program Affiliate Trainer. She now devotes her time, energy, and focus to supporting educator wellbeing as a Certified Coach & Master Coach Practitioner.

Book a free call today to get started by visiting our website: <https://3dlifeinc.com>, or email Michelle directly at info@3dlifeinc.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

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

www.ascendofitness.com

THE BREATH FACTORY

20% OFF

The Breath Factory would like to offer your members **20% OFF** discount on CPAP, CPAP masks and accessories. Visit: thebreathfactory.ca or call 902-404-6545.

15 Dartmouth Road, Suite 206, Bedford, NS

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 or call 902-406-2006. 100-2111 Maitland Street, Halifax, NS.

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. Visit our website at canadagamescentre.ca.

26 Thomas Raddall Drive, Halifax, NS

COASTAL HEALTH CLINIC

Coastal Health Clinic is pleased to offer 50% OFF a Five Session Comprehensive Stress Reduction/Relaxation Package. With Direct Billing the Total Cost to you is \$45.00 for the complete package. At Coastal Health Clinic our goal is to treat the whole person and stress management is a high priority. Our Five Session Stress Reduction/Relaxation Package includes a combination of treatments best suited to you which can include: Tuina/Acupressure Massage, Hot Stone Relaxation Therapy, Four Meditation Stress Reduction Techniques you can use at work and home, Acupuncture for Energy Balancing and Stress Reduction, and Vaccaria Seeds for continued Stress Reduction Treatment throughout the coming week.

We also provide Facial Rejuvenation Acupuncture at our clinic with amazing results. The treatment causes the body to increase collagen production in skin and supporting tissues, filling out areas of sagging skin and wrinkles and preventing future lines and wrinkles to help you look your very best. We offer packages for the first few months of treatment or direct billing.

Our clinic also focuses on Pain Management and we have had great success with migraines and joint and muscle pain

reduction and long term prevention. Living pain free is a very real possibility. Visit our website to see the personal history of one of our practitioners regarding chronic pain management: <https://coastalhealthclinic.ca/about-us>

For more information or to book an appointment please call 902-701-0754 or visit www.coastalhealthclinic.ca where you can book your appointment directly online. You can also reach us at info@coastalhealthclinic.ca or message us through the phone number above or online. We are happy to answer any of your questions and look forward to hearing from you.

2 Bluewater Road #220, Bedford

(902) 701-0754

COMFORT ORTHOTICS & PODIATRY CLINIC

Custom Made Orthotics **\$395** fabricated on-site and ready for pick up in one week. Each additional pair from the same cast (within a 2 year period) only \$295/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

We are with you every step of the way!

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. 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!

6417 Lady Hammond Road, Halifax, NS

CRESTHAVEN LASER & SKINCARE CLINIC

30% OFF

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 your 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

4 Cresthaven Dr, Halifax, NS

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

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

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

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. Visit us today and Feel better. Move better. Be better.

254 B Prince Street, Sydney, N.S. B1P 5K6

(T) 902.564.1400 (F) 902.564.1401;

www.feitphysio.com

email: feitphysio@bellaliant.com.

FIRST IMPRESSIONS MEDICAL AESTHETICS & REJUVENATION CLINIC

Offer discounts to all NSTU active and RTO members. As well as **\$100 OFF** laser packages. We're here to help you rejuvenate, reverse aging, sun damage, acne, hyperpigmentation, double chins and more. Discount includes, Botox, Nuceiva, 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, Nuceiva & 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.

319 Charlotte St, Sydney

902-322-6805

www.firstimpressionsclinic.ca

www.facebook.com/medicaaestheticsCapeBreton/

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

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

(506) 217-LIFE

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

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, Dartmouth, NS

(in the Dartmouth Sportsplex)

902-463-6083

info@maritimephysio.ca

I STOP 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.

6021 Young Street (at Robie Street).

902-444-3111

www.istoppain.ca

IRON MATRIX

25% OFF

The **Iron Matrix** Fitness Centre is pleased to offer all NSTU and RTO members 25% OFF any membership.

Goals of our program:

- Help teachers create a better work/life balance and no longer feel exhausted.
- Help teachers gain more strength and confidence.
- Help teachers sleep better.
- Help teachers wipe out depression & anxiety.
- Help teachers become more energetic, more productive and more motivated.

Being a teacher and staying fit can be a difficult task to do, and often when you start teaching, your usual workout schedule gets thrown out the window to make time for new priorities, such as marking papers. So if you're struggling to find the perfect balance between work, being social and exercising, we at IronMatrix would like to offer a corporate program designed just for teachers.

63 Tacoma Dr., Dartmouth, NS

357 Herring Cove Rd., Spryfield, NS

www.ironmatrix.ca Tel.: 902-442-8464

MARITIME PTC COUNSELLING

15% OFF

Maritime PTC is offering **15% OFF**

Maritime PTC is a counselling program for the whole family. We have specialties including play therapy, counselling for LGBTQ persons including HRT letters, sex therapy, CBT for anxiety and depression, EMDR and Brainspotting for trauma treatment as well as neurofeedback. We also are the approved provider training program in the maritimes for the Canadian Association for Play Therapy. We have offices in Pictou and Bedford but also provide virtual counselling across the province.

www.maritimeplaytherapycentre.com

902-301-7430

maritimeptc@gmail.com

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 for more information.

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 displays & 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 \$670+tax for the year. (Need to present current membership card to O2)

EAT / SLEEP / TRAIN / BE WELL

srubin@o2wellness.ca | 902.809-3127

1595 Bedford Hwy, Suite #210, Bedford, NS

o2wellness.ca

ORANGETHEORY FITNESS

\$30 OFF

Use your NSTU Membership to receive a \$30 per month discount off current regular rates on our Premier (unlimited classes per month) or Elite (8 classes per month) memberships. Offer valid for the remainder of 2022. Offer cannot be combined with any other promotions or specials. Call or text (902) 800-3206 or email 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

*For new members only

*Current members can access via refer and receive program

*Contact Orangetheory Dartmouth for full offer details
HALIFAX | BEDFORD | DARTMOUTH (OPENING SOON)

OXYGEN YOGA & FITNESS

41% OFF

41% OFF YOUR FIRST MONTH - Oxygen Yoga & Fitness welcomes the NSTU into our studio through our corporate program. As a member of the NSTU we offer you a massively reduced introductory offer, and ongoing discounts on our monthly rates. We extend this offer to employees of the NSTU, as well as spouses of those employees who become members. This membership gives you full access to our 18+ classes at Oxygen Yoga & Fitness in our state of the art far-infrared heated studio. Oxygen offers both yoga and fitness classes in a welcoming atmosphere appropriate for all levels. Visit our website for more info on what Oxygen is all about oxygenyogaandfitness.com

902-462-4441

960 Cole Harbour Rd, Dartmouth, NS

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 or by calling 902.453.2627 or toll-free at 1.855.4PHYSIO. You can also book On-Line at 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.

1546 Granville Street, Halifax, NS

902-425-7586

www.remedyspa.com.

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

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

SG•medi•spa

463 Main Street, Wolfville, NS

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/smufit-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

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/

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 445-8446

Dartmouth: 35 Baker Drive 902-434-2955

Enfield: 8 Old Enfield Road 902-259-2720

Kentville: 41 Aberdeen Street 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

simplyforlife.com/en/

SLIM GYMS FITNESS**Corporate Rate**

Slim Gym Fitness is offering a **Corporate Rate of \$58/** month plus tax.

Free personal training, new workouts daily, circuit training, HIIT—no classes—so you can workout at any time that is convenient for you! Accountability tools (pictures and measurements if wanted). We are ideal for the person who wants to reach their goals safer and faster and needs a time efficient workout.

7071 Bayers Road. Lower level (LL20)

902-404-7546 (SLIM)

Email : slimgyms@eastlink.ca

Website : www.slimgyms.ca

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

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 sobeyspharmacy.com to find a Sobeys Dietitian near you or call

- Halifax/Dartmouth: Maria Vautour, RD (902) 477-6159
- Sydney, Glace Bay, New Waterford and area:
Avery Tremblett, RD (902) 849-6883

**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.

Bedford: 205-620 Nine Mile Drive, Bedford, NS

Dartmouth: Unit 9 - 71 Ilsley Ave., Dartmouth, NS

Contact info: (902) 444-4666 ext. 1 | info@soundchiropractic.ca | www.soundchiropractic.ca **Join us on:** Facebook ([/soundchiro](https://www.facebook.com/soundchiro)) | Twitter ([@soundchiro](https://twitter.com/soundchiro)) | Linked In ([/SoundChiropractic](https://www.linkedin.com/company/soundchiropractic)).

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 to book online.

Direct Billing is available for most insurance companies.
Facebook + Instagram @zoemacdonaldacupuncture

ZOOMERS PHYSIO &

10% OFF

HEALTH SOLUTION

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

RESTAURANTS & TAKE-OUT

AVODAH CAFE

15% OFF

Restaurant · Coffee Shop · Bakery · Ice Cream
Avodah Café wants to give back to Teachers. Receive 15% OFF every Monday, Tuesday and Wednesday. Just show your NSTU member card.
Hours 7:00 AM - 6:00 PM

1129 Sackville Drive, Middle Sackville, NS

(902) 864-4652

www.halifaxvineyard.com

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 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

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>

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. 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.

5680 Spring Garden Road, Halifax, NS

902-407-5728

PAPA MARIO'S PIZZA

10% OFF

Two locations to serve you in the HRM, Papa Mario's 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!)

6954 Mumford Road

(Halifax Shopping Centre Annex)

902-421-2121 or 454-6546

1189 Bedford Highway

902-835-4800

www.papamarios.com

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

TATTLETALES

20% OFF

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

Penhorn Mall, 535 Portland Street, Dartmouth, NS

902-463-5551

<https://www.bookmanager.com/1173642/?q=h>

tattletales@ns.aliantzinc.ca

WOZZLES

20% OFF

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

6013 Shirley Street, Halifax, NS

902-423-7626

<https://www.wozzles.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

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

THE BRICK - HALIFAX

As a NSTU member, you are entitled to preferred pricing on eligible items with The Bricks Commercial Sales Division.

To activate your offer email Lindsay Paterson at lpaterson@thebrick.com or call/text **902-489-6074**

IMPORTANT NOTE: Available by appointment only with Lindsay Paterson. Please allow 1-2 days for reply.

*Offer valid on orders after March 11, 2021 made with the commercial department

*Terms and conditions apply. Membership card is required.

**192 Chain Lake Drive Halifax, NS
902-489-6074**

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.**

**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

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: 10 Morris Ave., Unit 34 (off Akerley Ave.)
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 or give us a call at to book your delivery time! ***Discount not to be combined with other offers or promotions***

902-441-7041

GROPRO.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

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

Website: www.jeffbrennanmortgages.com

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

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

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: 2812 Highway 104 Post Rd (902) 863-1104

Bridgewater: 127 LaHavre Street (902) 543-4644

Dartmouth: 42 Isnor Drive (902) 468-8473

New Minas: 9168 Commercial Street (902) 681-7305

Truro: 554 Willow Street (902) 895-5497

MIDAS - TOTAL CAR CARE

10% OFF

All locations in Nova Scotia. Offers **10% OFF** parts.
www.midas.ca

NO RUST 4U

10% OFF

NO-RUST-4U WOOLWAX UNDERCOATING

10% OFF

Offers NSTU MemOkaybers 10% OFF any Undercoating service.

NO-RUST-4U is a Prime WOOLWAX Undercoater. WOOLWAX is a 100% natural lanolin product that acts as a penetrant, lubricant and provides a barrier against moisture and salt to STOP and PREVENT RUST.

We are able to protect anything that rusts! This includes,

but is not limited to: trailers, cars, trucks and even large equipment such as Tractor Trailers, Logging Trucks, Fire Trucks, Marine equipment, etc.

DON'T WAIT, BOOK NOW!

WOOLWAX is "BETTER THAN ALL THE REST"

4148 Scotsburn Road, Scotsburn, NS
(902) 331-0599

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.

8 Walker Avenue, Sackville, NS

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.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.

CLOTHING & FOOTWEAR

HAMILTON'S FINE CLOTHING

10% OFF

Hamilton's Fine Clothing is perhaps best known as the place for local high schoolers to visit around prom season. But the store provides much more than just tuxedo rentals for prom night! Located next door to Runner's Attic, Hamilton's fine clothing offers suit rentals and sales all year long. They also carry many brands of jeans, sports jackets, T-shirts, underwear, socks and dress footwear; and though they mostly carry male clothing, they also have a large selection of women's clothing, with brands such as North Face and Columbia.

344 Main Street, Yarmouth, NS

(902) 881-3072

runnersattic@eastlink.ca

MURPHY GEAR

20% OFF

Murphy Gear offers NSTU members a wide selection of work and safety footwear and clothing. Visit 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, 1 902 443 8641 or direct your questions to 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

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.

RUNNERS ATTIC

10% OFF

Runner's Attic is frequented by everyone from people looking for a good pair of running shoes, to those searching for orthotics and other forms of specialized footwear.

At Runner's Attic, you can find all the big name shoe brands — Saucony, Nike, Adidas, Asics, Skechers, New Balance, and all the clothing lines that go with the footwear. You'll also get a more personalized service and shopping experience than you would at a larger commercial store, as well as the assurance that all staff members are trained to fit you correctly.

902) 742-9812

346 Main Street, Yarmouth, NS

runnersattic@eastlink.ca

runnersattic.com

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. 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. The savings are valid on regular and sale priced merchandise *some exclusions apply*.

To redeem this offer in store you MUST PRESENT your Official Membership Card at the time of purchase. To redeem online, please enter discount **CODE 111000060117**. (Please DO NOT share this discount code with any unauthorised persons, websites, or coupon sharing apps). Some exclusions apply. SoftMoc reserves the right to cancel this discount code at anytime. Additional rewards and savings are available through registering for SoftMoc "My Account" and Frequent Buyer Plan at: www.softmoc.com/ca/register. For questions regarding this offer please contact the SoftMoc Corporate Sales team at corporatesales@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, NS
902-468-7911

COMMUNICATIONS

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

SALTWIRE NETWORK

SaltWire Network is Atlantic Canada's largest integrated media company connecting Atlantic Canadians with local stories to provoke thought and action to make our communities better. SaltWire Network's media assets include the major daily newspapers in Atlantic Canada such as The Chronicle Herald, The Cape Breton Post,

The Telegram and The Guardian along with our roster of weekly newspapers including the Journal Pioneer. It also operates the most visited Atlantic Canadian-owned news site - SaltWire.com. Family owned and operated by Atlantic Canadians, SaltWire is a fully multi-platform media company with a very loyal consumer following and a long-term perspective.

For information on corporate memberships, contact Heather at heather.blackburn@saltwire.com
Saltwire Network Digital Membership Offer
\$1/week for 2 years PROMO Code: NSTU
New Activations Only.
Saltwire Network

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

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

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 or check out 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 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

professional-learning@cleanfoundation.ca

DIVORCE SOLUTIONS

20% OFF

DIVORCE SOLUTION MEDIATION SERVICE Inexpensive Uncontested Divorce Helping families since 1995

Divorce Solution service has a high success rate of all cases being settled regardless of lifestyle, socioeconomic or cultural status. The mediation process allows the parties to negotiate their own settlement, giving them control of the entire divorce process. Mediation is more flexible, less expensive, and quicker than going to court.

- 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

902.510.0460

divorcesolution.ca

Divorce Solution Mediation Service is offering a **20%** discount to NSTU members.

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. Includes:

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

136 Logan Rd., Bridgewater, NS 902-543-7173

www.easternoffice.ca

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

3089 Oxford st, Halifax, NS

902-471-6154

info@happysouldance.com

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.

www.intrepidtravel.com

LEATHER NEO

10% OFF

LeatherNeo offers a wide range of leather journals, handbags, backpacks, messenger bags, laptop bags, travel bags and plenty of other leather accessories. We are offering NSTU members 10% off across our store. Enter CONCL21 at checkout.

<https://www.leatherneo.com>

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 Lendlair 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

NSTU members receive a **20% discount on Adult single tickets** for plays in the 2022-2023 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 2223NSTU.** Phone the Neptune Theatre Box Office at 902-429-7070 or 1-800-565-7345 or visit www.neptunetheatre.com and identify yourself as an NSTU member using your ID# to receive the discount. This discount cannot be combined with any other discount (ie. Seniors discount). Does not apply to Bonus Features. All regular service charges and HST will apply.

NOGGINS CORNER FARM

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 or contact Cristen at 902-542-5515 ext. 23, tours@nogginsfarm.ca.

PARK 'N FLY

Corporate Rate

PARK 'N FLY - Halifax Stanfield International Airport offers a **Corporate Rate** to NSTU members (\$11.13/day or \$55.65/week). The **CODE 739987** can be used anytime at the lot/booth, kiosks in the Halifax Airport and even the PNF online portal www.parknfly.ca then click on "Corporate Program" at the top of the screen and enter the code number and dates and a coupon will be available to print. For further details contact: Park 'n Fly, 668 Barnes Drive, Enfield, NS B2T 1K2; Tel: 902-873-4574; CS_Halifax@parknfly.ca /

www.parknfly.ca/halifax/en/halifax

SAUTE

20% OFF

SAUTE Healthy Meals Delivered. Snacks, fresh bowls, sandwiches, hors d'oeuvres and more! Receive **20 % OFF** your first catering order.

hello@trysaute.com

902-579-9670

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**

SUTHERLAND'S JEWELLERY LTD.

10% OFF

Sutherland's Jewellery Limited is offering a **10% DISCOUNT** to all members that make purchases in store. Only valid for regular priced items.

3650 Hammonds Plains Rd, Upper Tantallon, NS

(902) 826-7034

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 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 paycheck. You can also have your entire paycheck 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

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

Email: theteacher@nstu.ca