

DEALS & DISCOUNTS

for NSTU and RTO MEMBERS

October 2021



Nova Scotia
Teachers Union

Accommodation	1	Health and Wellness	5
Automotive	15	Home and Garden	14
Bookstores	14	More Deals and Discounts	17
Clothing & Footwear	16	Restaurants & Take-out	13
Allstar Fuels	14	Hotel Discount Program - NSTU	5
Anderson Sinclair Law Offices NS Division	17	Hotel Halifax	1
Ascendo Fitness	5	I Stop Pain	9
Avodah Café	13	Intrepid Travel	18
Banana Republic	16	Inverary Resort	4
Barrington Hotel	1	Iron Matrix	9
Belgravia Bed & Breakfast	1	Jessy's Pizza	13
Best Western Plus Chocolate Lake Hotel Halifax	1	Keltic Lodge Resort & Spa	4
Bose Corporation	14	Krave Burger	13
Boston Pizza (Yarmouth)	13	Liscombe Lodge Resort & Conference Centre	4
Bounce Kingdom Party & Event Rentals	17	Lord Nelson Hotel and Suites	4
The Breath Factory	5	Michaels Arts & Crafts	18
The Brick - Halifax	14	Midas - Total Car Care	16
Brickyard Health	6	Mortgage Centre	14
Budget Rent-A-Car Maritimes	15	Murphy Gear	16
Cambridge Suites, Halifax	1	Naturopathic Doctor, Erin Balodis	9
Cambridge Suites, Sydney	2	Neptune Theatre	17
Canada Games Centre	6	Noggins Corner Farm	18
Canadian Public Employee Acquisition Club	17	O2 Wellness	9
Coastal Health Clinic	6	Oh My Sole	17
Comfort Inn Halifax	2	Oxygen Yoga and Fitness	10
Comfort Orthotics & Podiatry Clinic	6	Papa Mario's Pizza	14
Complete Family Dentistry	7	Park 'N Fly	18
Cresthaven Laser & Skincare	7	The Physioclinic	11
Dartmouth Book Exchange	14	The Prince George Hotel	4
Dartmouth Acupuncture	7	Quality Footwear & Mahone Bay Trading Company	16
Digby Pines Golf Resort & Spa	2	Reliable Complete Auto Service	16
DermaEnvy™	8	Remedy Facial Bar & Spa	11
Doubletree By Hilton Halifax-Dartmouth	2	Roach Chiropractic And Laser Centre	10
Dulux Paints	15	Rogers Cellular	18
Dundee Resort and Golf Club	2	Runners Attic	17
Eastern Office Supplies	17	Saltwire Network	17
Enlighten Laser & Skin Care	7	Saute	18
Entreprise Car and Truck Rentals	16	Scotia Auto Glass	15
The Farmhouse Inn	2	SG Cosmetic and SG•Medi•Spa	11
Feit Physiotherapy	8	SMU Homburg Centre for Health and Wellness	11
First Impressions Medical Aesthetics & Rejuvenation	8	Shanti Hot Yoga	11
The Floatation Centre	8	Simply for Life	12
Forever Healthy Allergy Elimination Center	9	Slim Gyms Fitness	11
Four Points Sheraton, Halifax, NS	2	Sobeys Dietician	12
Four Points Sheraton, Moncton, NB	3	Softmoc	17
Frame Express	15	Soles In Motion	17
Future Inns Halifax Hotel & Conference Centre	3	Sound Chiropractic and Health Sciences Centre	12
GCR Tire Centres	15	Staples Copy and Print	18
Grand & Toy	18	Sutherlands Jewellery	18
Gropro	15	Tattletales	13
Halifax Marriott Harbourfront Hotel	3	Teachers Plus Credit Union	18
Halifax Quit Smoking Clinic	8	Travelodge Suites Dartmouth	5
Hamilton's Fine Clothing	16	Travelodge Sydney	5
Hampton Inn & Homewood Suites By Hilton® Halifax Downtown	3	Ultramar Home Heating	15
Hampton Inn By Hilton Sydney	4	The Waverley Inn	5
Happy Soul Dance Studios	18	The Westin Nova Scotia	5
Health Coach, Pat Wallace	9	Woozles	14
Holiday Inn Express & Suites Halifax - Bedford	4	Zoe MacDonald, R. Ac.	12
		Zoomers Health	12

DEALS & DISCOUNTS

for NSTU MEMBERS and RTO MEMBERS

Subject to change without notice.

October 2021



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:

Hotel Halifax is pleased to extend a special summer rate to Nova Scotia Teachers Union for the months of June, July and August 2021. This package includes a Standard Guest Room with Complimentary Parking and beer tasting for a special rate of **\$99/night until August 1, 2021**, plus 2% levy and 15% tax (based on availability). This offer also comes with an additional 150 Aeroplan points per night.



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 **YTY**
4. 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](https://www.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 2021 in a Studio Guestroom:

- | | |
|-------------------------------------|--------------|
| • January 1 – April 15, starting at | \$125 |
| • April 16 – May 30, starting at | \$165 |
| • June 1 – Sept 30, starting at | \$189 |
| • Oct 1 - Oct 31, starting at | \$159 |
| • Nov 1 – Dec. 31, starting at | \$125 |

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 2021:

Standard Room:

- January 1 – December 31 **\$133**

One Bedroom Suite:

- January 1 – December 31 **\$143**

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 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 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. Open mid-May to mid-October. 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

The new DoubleTree by Hilton Halifax Dartmouth, fully renovated as of September 2017 offers contemporary accommodations featuring 50" LED TVs, Cuisinart dual-cup coffee makers, mini-fridges and some rooms with private balconies and spectacular views over the Halifax Harbour. Renewed public spaces include new indoor pool, extensive fitness centre, The Narrows restaurant and lounge located just off the hotel lobby. We are conveniently located in downtown Dartmouth at the end of the Macdonald Bridge. Just steps from the Alderney Landing ferry terminal with service to downtown Halifax, and a quick drive to Dartmouth Crossing, there is no shortage of nearby entertainment! The new DoubleTree by Hilton Halifax Dartmouth is pleased to offer NSTU and RTO members:

- April 1 – June 30, 2021 **\$85**
- July 1 – September 30, 2021 **\$99**
- October 1 – December 31, 2021 **\$85**

(Rates are subject to 15% HST, and 2% Destination Marketing Levy) + *complimentary parking. To book your room, please call the front desk at 902-463-1100 or email reservations@doubletreehalifaxdartmouth.com. Address: 101 Wyse Road, Dartmouth, NS B3A 1L9.

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

2750 West Bay Highway, Dundee Resort offers NSTU and RTO members and employees a **15% DISCOUNT** on rack rate for the 2021 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).

- May 1, 2021 - October 31, 2021: **\$179/\$189**
- Nov 1, 2021 - December 31, 2021: **\$109/\$119**

Please follow the link below to book your discounted NSTU leisure rate: Book your corporate rate for **Nova Scotia Teacher's Union** OR visit **Marriott.com** 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

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

downtown location places the best of downtown Halifax well within your reach. We're looking forward to welcoming you here to the Halifax Marriott Harbourfront Hotel.

Rates for NSTU Members, Thursday through Sunday only:

- January 1, 2021 to April 30, 2021 **\$119**
- May 1, 2021 to June 30, 2021 **\$169**
- July 1, 2021 to October 31, 2021 **\$199**
- November 1, 2021 to April 30, 2022 **\$125**

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

www.marriott.com/hotels/travel/yhzmcc-halifax-marriott-harbourfront-hotel/

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

- July 1, 2020 – October 31, 2021 **\$104**
- November 1, 2020 – December 31, 2021 **\$99**
- Includes breakfast and Parking **is \$10.00**

Homewood Suites, Downtown Halifax

- July 1, 2020 – October 31, 2021 **\$114**
- November 1, 2020 – December 31, 2021 **\$109**
- Includes breakfast and Parking **is \$10.00**

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 2021. 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 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 2021, includes FREE WIFI

Offers NSTU and RTO members the following rates for 2021 for the Deluxe Guestrooms:

- January 1 – March 31, starting at **\$125**
- April 1 – Oct 31, starting at **\$169**
- Nov 1 – Dec. 31, starting at **\$125**

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 SUITES DARTMOUTH

Whether members are here for 1 night or one month, they will enjoy the comfortable, quiet, home like atmosphere of the hotel. **Business travel rate** of **\$95.00** a night for a standard room and suites, great for longer stays, starting at only \$10 more per night in our system for the NS Teacher's Union.

101 Yorkshire Ave Extension, Dartmouth, NS B3A 0C5
O: 902.465-4000 F: 902.465-6006
www.travelodgedartmouth.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. We are pleased to offer the following rates for 2021 for Standard Rooms (2 Doubles or 1 Queen):

- May 1, 2021 to October 31, 2021 **\$179**
- Nov 1, 2021 to December 31, 2021 **\$119**

For comparison, our published rack rates are \$359 high season and \$269 low season. Contact the Westin at 1181 Hollis Street, Halifax, NS B3H 2P6; toll free 1-888-627-8553 and mention rate code NSTU to make your reservation or www.thewestinnovascotian.com/nstu-employees 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

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 **\$365** fabricated on-site and ready for pick up in one week. Each additional pair from the same cast (within a 2 year period) only \$270/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 you're personal best.

Cresthaven Laser is built on referrals and therefore, we take great pride in insuring that our clients receive individualized care, with effective results each and every time.

Our personalized one on one attention, before, during and after treatments is what sets us apart. Our goal is to ensure each customer receive not only affordable treatments but, great value with the highest degree of

customer service. Please visit our website and call to book your free consultation today at 902-401-0909 or info@cresthavenlaser.ca or www.cresthavenlaser.ca

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: 3700 Joseph Howe Drive

Dartmouth Location: 50Tacoma 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

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

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 O2Wellness. 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

OXYGEN YOGA & FITNESS

41% OFF

Oxygen Yoga & Fitness welcomes the NSTU into our studio through our corporate program. As a member of the NSTU we offer you a huge discount of just over 41% off our monthly unlimited membership. We extend this offer to spouses of members and employees of the NSTU. This membership gives you full access to our 18+ classes at Oxygen Yoga & Fitness in our state of the art Infrared heated studio. Oxygen offers both Yoga and group fitness classes in a non-intimidating atmosphere.

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 Ilesley 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)) | LinkedIn ([/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](https://www.instagram.com/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!

291 Horseshoe Lake Drive in Halifax, NS

902-453-1525

zoomershealth.ca

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 until June 30, 2021. 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

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

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

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 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

BUDGET RENT-A-CAR MARITIMES

Offers a discount to NSTU members at the following locations ONLY: Halifax/Dartmouth, Sydney, Port Hawkesbury, Yarmouth, Moncton, Saint John, Fredericton, and Charlottetown. For more information, contact Budget Rent-A-Car in your area

902-492-7500 and press 1 for Halifax

1-888-492-4888 Toll Free

ENTERPRISE CAR AND TRUCK RENTALS

Offers a discount to NSTU members. By quoting **#A443100 (Car Rental) and #A443180 (Truck Rental)** each time you require a* rental vehicle you will be able to save **UP TO 40% OFF LEISURE RATES**. Rates are guaranteed in Nova Scotia and New Brunswick. Vehicle rentals available are compact, midsize, full size, minivan, SUV, 1/2 ton pickup, crew cab, cargo van and cube truck. Visit the website 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.discountcars.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

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.

976 Sackville Drive, 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

BANANA REPUBLIC

15% OFF

Currently offering a teacher discount of **15% OFF** regular price merchandise in their Halifax store and **10% OFF** in their factory store in Dartmouth Crossing on reduced priced merchandise. Teachers need to show appropriate ID at the register to receive the discounts. We can add you to our Gold Book so that we can keep you and your colleagues informed of special offers.

Halifax Shopping Centre, 7001 Mumford Road, Halifax
902-454-8071(Halifax)

Dartmouth Crossing, 61 Hector Gate, Dartmouth, NS
902-481-9430 (Dartmouth)
bananarepublic.ca

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, 1902 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 7:00PM. Saturday 10:00 AM to 4:00PM.

- 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

OH MY SOLE

15% OFF

Young Kempt Centre, 6061 Young Street, Halifax offers NSTU members **15% OFF** any regular priced pair of shoes in the store. Call 902-423-8288 or visit www.ohmysole.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 191000076286. (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: Dawn Reid, Corporate Sales Manager, SoftMoc Inc., 905-665-8119 ext 2233 or Email dawn@softmoc.com.

SOLES IN MOTION

15% OFF

Soles in Motion specializes in athletic, casual and orthopedic footwear, custom and off the shelf orthotics, braces and compression as well as various rehab products to improve your health and assist you in staying active. We offer NSTU members **15% OFF** regular priced footwear.

133 Baker Drive, Dartmouth, NS

902-468-7911

COMMUNICATIONS

ROGERS CELLULAR

30% OFF

Rogers is pleased to offer NSTU members **30% OFF** and **\$100 discount** at our retail stores.

Call **506-471-8114** or email to activate your account. You will need your NSTU Web account email address. Our retail corporate stores have all kind of new things that might be helpful when it comes to back to school, such as speakers, sanitizing kits, smart home items etc

Contact Email: atlanticretail@rci.rogers.com

Contact Phone Number: **506-471-8114**

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

Offer expires December 31, 2021. New Activations Only.

[Saltwire Network](#)

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.

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

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

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/teachers.

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 Lemlair Row Road 902-461-3032

NEPTUNE THEATRE

20% OFF

NSTU members receive a **20% discount on Adult single tickets** for plays in the 2021-2022 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 2122NSTU.** 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 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

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