

FREE

# Senior's Exercise Classes

64+

[lumacare.ca/healthier-living-centre](http://lumacare.ca/healthier-living-centre)

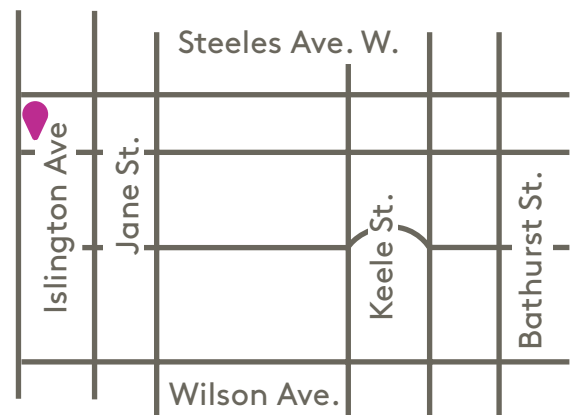
Join us for a free, fun, and fit exercise class every Tuesday and Wednesday! This is a low-impact, high energy class choreographed to music which can help improve strength, mobility, and daily function for seniors!



**Tuesdays**  
1:00 - 2:00 PM

**Wednesdays**  
10:00 - 11:00 AM

**HUMBER SUMMIT LIBRARY**  
**2990 Islington Avenue**



For more information or to register, please contact:  
**Patresia Bartley at 647.403.1853**

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