



## FREE EXERCISE CLASSES

A low to moderate impact class designed to increase balance, mobility, and flexibility through seated and standing exercises.

**For:** Seniors, 55 years +

**When:** Every Monday from 10:00 a.m. - 11:00 a.m. (Starting January 8, 2018).

**Location:** 497 Wilson Avenue, North York, ON. - Lumacare Office

For questions about Lumacare's Healthier Living Centre  
please call: **416.633.9519** ext **310**  
or email **Sharon Bacchus** at [sbacchus@lumacare.ca](mailto:sbacchus@lumacare.ca)