



FREE EXERCISE CLASSES

Join us for a free, fun, and fit exercise class!

For: Seniors, 64 years +

When: Tuesdays & Thursdays from 10:30 a.m. - 11:30 a.m.

Location: 1286 Wilson Avenue , North York , ON, M3M 3G4. - (Recreation Room)

For questions about Lumacare's Healthier Living Centre
please call: **416.633.9519** ext **310**
or email **Andres Guerrero** at aguerrero@lumacare.ca