



FREE EXERCISE CLASSES

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

For: Seniors, 64 years +

When: Mondays from 1:30 p.m. - 2:30 p.m. & Thursdays from 1:00 p.m. - 2:00 p.m.

Location: 7 Arleta Avenue, North York, ON, M3L 2E2.

(Crosslinks Seniors Housing & Support Services)

For questions about Lumacare's Healthier Living Centre

please call: **416.633.9519 ext 310**

or email **Andres Guerrero** at aguerrero@lumacare.ca