



FREE EXERCISE CLASSES

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

For: Seniors, 64 years +

When: Mondays from 11:30 a.m. - 12:30 p.m. & Fridays from 9:30 a.m. - 10:30 a.m.

Location: 2650 Finch Avenue West, North York, ON, M9M 3A3.

(Gord & Irene Risk Community Centre)

For questions about Lumacare's Healthier Living Centre

please call: **416.633.9519** ext **310**

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