



## FREE EXERCISE CLASSES

Join us for a low-impact, high energy class choreographed to music which can help improve strength, mobility, and daily function!

**For:** Seniors, 64 years +

**When:** Tuesdays from 1:00 p.m. - 2:00 p.m. & Fridays from 1:30 p.m. - 2:30 p.m.

**Location:** 2990 Islington Avenue, Etobicoke, ON, M9L 2K6. - (Humber Summit Library)

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