



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: Mondays from 2:00 p.m. - 3:00 p.m.

Fridays from 11:00 a.m. -12:00 p.m. - *(Starting January 26, 2018)*

Location: 2291 Kipling Avenue , Etobicoke, ON, M9W4L6. - (Delta Family Resource Centre)

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