



FREE EXERCISE CLASSES

Join us for a free, fun, and fit Gentle Fitness Class!

For: Seniors, 64 years +

When: Tuesdays 1:00 p.m. - 2:00 p.m. & Thursdays from 11:00 a.m. - 12:00 p.m.

Location: 205 Wilmington Ave, North York, ON, M3H 6B3.

(Irving W. Chapley 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