

FREE

# Senior's Exercise Classes

64+

[lumacare.ca/healthier-living-centre](http://lumacare.ca/healthier-living-centre)

Join us for a free, fun, and fit exercise class every Tuesday and Thursday at 1286 Wilson Avenue.



**TUESDAY**

10:30 - 11:30 AM

**THURSDAY**

10:30 - 11:30 AM

*RECREATION ROOM*

**1286 Wilson Avenue**



For more information or to register, please contact:  
**Patresia Bartley at 647.403.1853**

[lumacare.ca](http://lumacare.ca)

416.398.5511

[info@lumacare.ca](mailto:info@lumacare.ca)