

PEOPLE HELPING PEOPLE

# Senior's Exercise Classes

lumacare.ca/healthier-living-centre

Join us for a free, fun, and fit exercise class every Tuesday, Thursday, and Friday at 540 Finch Avenue West.



### **TUESDAY**

9:30 AM - 10:30 AM

#### **THURSDAY**

9:00 AM - 10:00 AM

## Friday

10:30 AM - 11:30 AM 11:30 AM - 12:30 PM

## 540 Finch Avenue West

		Steeles Ave. W.		
n Ave	ane St.		St.	st St.
Islington Ave	Jan		Keele St	Bathurst St
		Wilson Ave.		

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

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