

Indoor WALKING CLUB



Tuesdays:
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

April Seminars:

April 1

Mind Body & Soul Part 2 with Gillian

April 8

Here comes the Sun! Safely enjoying the outdoors with Lucy

April 15

Anxiety 101: Understanding, Managing & Overcoming Anxiety with Dela Fotoohi

April 22

Downsizing Property Options - Not Just Condos! with Smart Reality Solutions

April 29

End of Year Party & Draw

Wednesday May 7 at 1:00

Walking Challenge Seminar in the Lounge at the Aurora Seniors Centre

All seminars are on ZOOM to receive the link
email byorg@aurora.ca

Walk. Stretch. Learn.

Aurora Family Leisure Complex

wow@aurora.ca

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