

Indoor WALKING CLUB



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

January Seminars:

January 7

Put Some Pep in Your Step: Walking to Stay Strong & Active with Lucy

January 14

Mind, Body & Soul Part 1 with Brandie & Gill

January 21

Managing Pain with Mike from Sparkle Pharmacy & CHATS

January 28

"Stroke" Know the Risks with District Stroke Centre Mackenzie Health

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

Walk. Stretch. Learn.

Aurora Family Leisure Complex

wow@aurora.ca

365-500-3161

