

Indoor WALKING CLUB



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

March Seminars:

March 4

TIRP - Traumatic Incident Response with Routes Connecting

March 11

NO WALKING CLUB

March 18

Bone Health 101 with CHATS

March 25

Social Connection and Healthy Aging with Home Instead

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

