

Healthy Mind

Healthy Body



Free Tai Chi, Yoga, Breathing Exercises For Seniors

Are you 55 and older?

Are you caring for a family member?

Are you interested in meeting others?

Join us and improve your posture, manage stress, stay healthy

Every Monday & Wednesday 1:30pm to 2:30 pm

Starting October 17, 2016 to March 31, 2017

Canadian Mental Health Association (CMHA) will deliver monthly workshops on stress management, avoiding depression, and mood anxiety. Please phone for schedule. Food and snacks will be served.

To Register, contact: Manuela or Bernard
mscg@mail.com Tel: (416) 925-4417
1289 Dundas Street West (Villa Luso)

Funded by:

