

SENIORS WELLNESS PROGRAM



Senior's Chair Exercise and Social Club

JOIN OUR HEALTH EDUCATOR FOR A
SESSION OF CHAIR EXERCISE
FOLLOWED BY WEEKLY TRIVIA,
GAMES, AND SOCIAL ACTIVITIES.
REFRESHMENTS WILL BE PROVIDED!

FREE

**Every Monday
10:00-11:00AM**

Starting January 15, 2024

2310 North Park Drive, 2nd Floor, Brampton

Register:



(905) 456-7111



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