

# 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

**2130 North Park Drive, suite 238, Brampton**

**Register:**



(905) 456-7111



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