



LUNCH-BREAK, STRESS BUSTING, CIRCUIT GROUP!

Cardio, flexibility and strength training exercises for anyone who is looking for a low-impact workout. **Instructor lead, 6-week program, Wednesday's 11:30am-12:30pm** at The Circle of Life Centre-UNFC Program Building **616 Mowat Ave.** Please preregister/sign-up as soon as possible. Call the UAHLP Worker-Wendy to sign-up, if you have ANY questions and/or for more information, let's get moving, see you

January 30th!

Wednesday's @ 11:30am-12:30pm

Bring clean, indoor gym shoes and water 😊

Call Wendy for more info! 274-8541 ext. #728

