

Indoor

WALKING CLUB



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

March Seminars

March 5

Feel Better in 5 based on Dr. Rangan Chatterjee book - Presented by Brandie

March 12

NO WALKING CLUB

March 19

Cardiovascular Risk Factors - Southlake Regional Health Centre

March 26

Canadian Dental Care Plan - Service Canada

Seminars available in person or over Zoom
Please email byorg@aurora.ca for the zoom link.

Walk. Stretch. Learn.

Aurora Family Leisure Complex

wow@aurora

365-500-3161

