

Indoor WALKING CLUB



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

SEMINARS

Tuesday March 3 - ABCDE's of Diabetes

Tuesday March 10 - Senior Safety and Emergency Planning

Tuesday March 17 - NO WALKING CLUB

Tuesday March 24 - Dynamic Downsizer

Tuesday March 31 - Dionne Thomas Part 2 Resilience

All seminars offered on zoom
please email wow@aurora.ca to receive the link.



Aurora Family Leisure
Complex
wow@aurora.ca
365-500-3161

WALK STRETCH LEARN

