



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

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

