

Indoor WALKING CLUB



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

SEMINARS

Tuesday April 7 - Taking Steps to Feel Better with Geri

Tuesday April 14 - Be Better With Brandie

Tuesday April 21 - Alzheimer Society of Canada

Tuesday April 28 - End of Year Party with Chartwell

**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

