

Join us for

FREE

Tosha Tsyá:ten

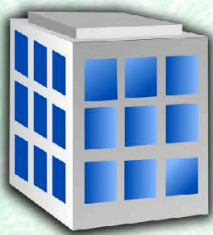
Falls Prevention Classes



January 14 - April 5, 2019

2:00 - 3:00 pm

**Mondays, Wednesdays
and Thursdays**



**Adult Day Centre
White Pines
Wellness Centre**



**Transportation
Provided**

**This class will provide a fun and engaging
experience that will include gentle activities
that enhance balance & strength.**



Call 519-445-4779 to register