

Free!!

JOIN US FOR

Tosha Tsyá:ten Falls Prevention Classes

Sep 10- Nov 26, 2018

2-3pm

**Mondays, Wednesdays and
Thursdays**



**Adult Day Center
White Pines Wellness Center
Transportation provided**

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



Call 519-445-4779 to register