

Moving Beyond

Mondays starting Sept.17—Nov. 26, 2018

Adult Day Centre from 5-7pm

White Pines Wellness Centre- 1st Floor (1745 Chiefswood Rd.)

Free 10-week program to increase your skills and learn self-care strategies to live well with any long term or lifelong health condition.

"Facilitated by Registered Physiotherapist, Miriam Beatty and Registered Social Worker, Nicole Oliver, MSW/RSW "

Call 519-445-4779 to register.

Dinner and Transportation provided

Join us for our Open House

September 10, 2018 @ 5-6pm

For more information contact 519-445-4779

