

# Second Wind

**Second Wind** is an exercise program designed to help individuals who are living with a chronic disease achieve and maintain a healthy, active lifestyle.

**Starts: January 7, 2019**

**Every Monday & Wednesday except holidays, from 10-11am  
Open to All!**

**Dajoh Youth & Elder Centre**  
(Beside Six Nations Community Hall)

“Come exercise with us so you can breathe easier  
and continue being healthy and active”



**Call 519-445-4779  
to register or for  
more information**

**Transportation  
Provided! Please  
Call to Arrange**

