

# 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: September 10, 2018**

**Every Monday & Wednesday 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**

