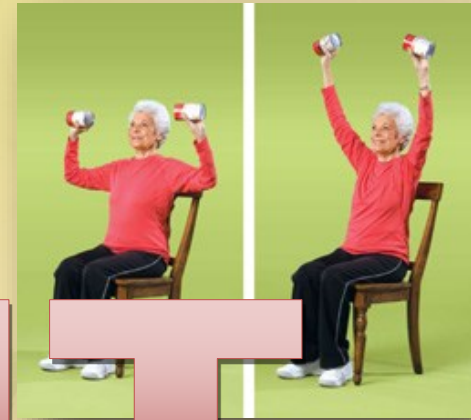


Sit To Be

Free drop-in classes to get your heart pumping and body moving all while sitting! All abilities welcome!

FIT



Every Tuesday 2-3 pm

September 11 - December 18, 2018

Dajoh Youth and Elder Center

1738 Fourth Line, Ohsweken



Transportation provided

Please call to register for transportation

519-445-4779 or for questions

In partnership with:

Société Alzheimer Society
BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON



Ontario

Hamilton Niagara Haldimand Brant
Local Health Integration Network
Réseau local d'intégration
des services de santé de Hamilton
Niagara Haldimand Brant

