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SENIORS ENGAGEMENT
& EMPOWERMENT NETWORK



HOW TO STAY ACTIVE AND HEALTHY: VIRTUAL SESSION

In Collaboration with
Four Corners Health Centre

Four Corners
Health Centre
A Member of the WellFort Family

Tuesday, June 18, 2024
11:30 a.m. - 12:30 p.m.

Join us to learn the importance of staying active and how exercises and stretching will go a long way in maintaining good health.
Exercise for 60 minutes under the guidance of a physiotherapist.



Register by phone or email:
(905) 677-0007 Ext. 5233
MaltonNIC@achev.ca

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