

IN-PERSON CANADA DAY CELEBRATION

Thursday, June 19, 2025
12:00 p.m. – 1:00 p.m.

Join us for an interactive festive dance activity as we celebrate Canada Day! The performance will be presented by Hema Kukreja – a dance instructor reflective of Canada's rich cultural diversity. She will demonstrate light moves to keep you engaged. Dance helps with body-mind integration and flexibility, so be ready to enjoy and dress up in **RED!**



Light refreshments will be served and prizes will be given away.

Register by phone or email:
(905) 949-0049 Ext. 1266
nicssx@achev.ca

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