

# Crossroads Wellness Program

690 Sir John A. Macdonald Blvd.

**Our new session begins January 8, 2019**

## Tuesday mornings

- ◆ Seniors Fitness 8:15 to 9:00
- ◆ Zumba 9:30 to 10:15



## Wednesday mornings

- ◆ Information Sessions 9:30 to 10:30
- ◆ Balance/Falls Prevention 11:00 to 11:45

Wellness  
Information Sessions



## Thursday mornings

- ◆ Seniors Fitness 9:15 to 10:15



## Upcoming Wellness Information Sessions:

Jan. 9 — Fall Prevention

Jan. 16 — AED Training (session is now full)

Jan. 23 — Introduction to *Taoist Tai Chi*® arts

Jan.30 — Open Discussion about wellness-related topics

All classes are: taught by certified instructors,  
geared to all fitness levels, for men and women.

Good will offering per class, if possible. *All are Welcome!*