

CROSSROADS WELLNESS PROGRAM PRESENTS:

**WELLNESS INFORMATION SESSIONS:
WEDNESDAY MORNINGS — 9:30 TO 10:30 A.M.**

Jan. 9 Fall Prevention Starts With You

Join us and learn how you can reduce your risk of a fall.

Jan. 16 Automated External Defibrillator Training

Please note: this session is now full.

Jan. 23 Introduction to *Taoist Tai Chi*[®] arts

A look at an ancient art for modern times, offering stress relief, balance, flexibility, and more.

Jan. 30 Open Discussion

Join us for a discussion about wellness-related topics.
Facilitator: Eleanor Belfry-Lyttle.

Sessions take place at Crossroads United Church
located at 690 Sir John A. Macdonald Blvd.
Sessions are free of charge.

