

Crossroads Wellness Program

Via Zoom

2020 Fall Session: Sept. 8 to Dec. 17



Tuesday morning and afternoon

- ◆ Seniors Fitness (begins Sept. 15) 9:00 to 10:00
- ◆ Gentle Mindful Yoga 1:00 to 2:00

Wednesday morning

- ◆ PWR!Moves (Parkinson's Fitness) 10:00 to 11:00
- ◆ Better Balance 11:15 to 12:00

Thursday morning

- ◆ Exercise with Arthritis 10:15 to 11:00

All classes are taught by certified instructors.

To register, please email Allison at wellness@crossroadsunited.ca

This Program is sustained solely by the Good Will offerings of participants & donors — please visit the Crossroads website (www.crossroadsunited.ca) if you would like to make an offering in support of this Program.