

Crossroads Wellness Program

690 Sir John A. Macdonald Blvd.

2019 Summer Session: June 12 to August 1

Wednesday mornings

- ◆ Peer Support Group 9:30 to 10:30
- ◆ Better Balance 11:00 to 11:45



Thursday mornings

- ◆ Yoga 8:30 to 9:30
- ◆ Tea & Chat 9:45 to 10:45
- ◆ Arthritis & Exercise* 11:00 to 11:45

* July only



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

**The Wellness Program is made possible by Good Will offerings
of participants. Thank you for your ongoing support!**

All are Welcome!