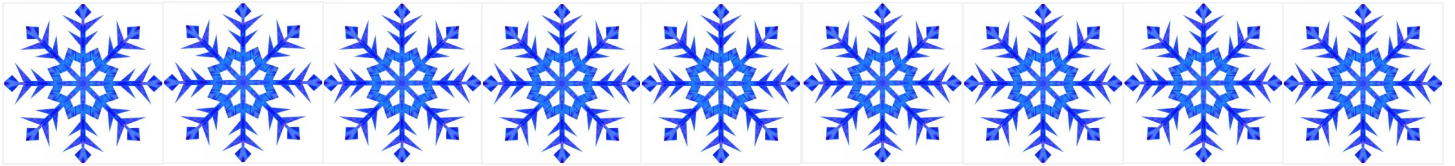


Crossroads Wellness Program

Zoom Version!

2021 Winter Session: January 12 to March 31



Tuesday morning and afternoon

- ◆ Seniors Fitness 10:00 to 11:00
- ◆ Gentle Mindful Yoga 1:00 to 2:00

Wednesday morning

- ◆ PWR!Moves (Parkinson's Fitness) 10:00 to 11:00
- ◆ Exercise for Arthritis 11:15 to 12:00



All classes are taught by certified instructors over Zoom.

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.