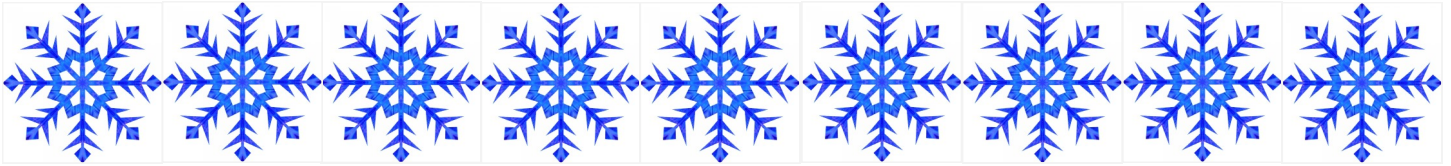


# Crossroads Wellness Program

## Zoom Version

**2022 Winter Session: Jan. 4 to Feb. 24**



### Monday morning

- ◆ Cardio & Strength 10:15 to 11:00
- ◆ Exercise for Arthritis 11:15 to 12:00

### Tuesday morning

- ◆ Gentle Mindful Yoga 11:00 to 12:00

### 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 Elaine at [wellness@crossroadsunited.ca](mailto:wellness@crossroadsunited.ca)

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