

CROSSROADS WELLNESS PROGRAM PRESENTS:

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

September 12 Activity Guidelines for Older Adults & The Seniors Fitness Instructor Course:

Of course exercise is important, but how much exercise do you really need? What kind of exercise is best? Join us to learn about the Canadian Centre for Activity and Aging, The Activity Guidelines for Older Adults, and the upcoming Seniors Fitness Instructor Course.

September 19 Know Your Greens?

Discover a world of vegetables you may not be familiar with! Have a taste and learn how to use greens such as bok choy and collard greens. Brought to you by KFL&A.

September 26 Open Discussion: 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.

