



# JANUARY 2023 HEALTH PROMOTION GROUP PROGRAMS

## HEALTHY CHILD (0-12)/YOUTH (13+) /FAMILY PROGRAMS

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday     |
|--|--|------------|---|------------|
| January 2<br><br><div style="background-color: #cccccc; padding: 5px; text-align: center;">VCHC CLOSED</div> | January 3  | January 4  | January 5   | January 6  |
| January 9  | January 10   | January 11 | January 12<br><ul style="list-style-type: none"> <li>• Ready for Success Tutoring<br/>4:15pm-5:15pm<br/>Ext.2653</li> </ul> | January 13 |
| January 16   | January 17<br><ul style="list-style-type: none"> <li>• Blueprint-New<br/>4:30pm-5:30pm<br/>Ext.2651</li> </ul> | January 18 | January 19<br><ul style="list-style-type: none"> <li>• Ready for Success Tutoring<br/>4:15pm-5:15pm<br/>Ext.2653</li> </ul> | January 20 |
| January 23   | January 24<br><ul style="list-style-type: none"> <li>• Blueprint<br/>4:30pm-5:30pm<br/>Ext.2651</li> </ul>     | January 25 | January 26<br><ul style="list-style-type: none"> <li>• Ready for Success Tutoring<br/>4:15pm-5:15pm<br/>Ext.2653</li> </ul> | January 27 |
| January 30   | January 31<br><ul style="list-style-type: none"> <li>• Blueprint<br/>4:30pm-5:30pm<br/>Ext.2651</li> </ul>     |            |   |            |

# JANUARY 2023 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back.  
Calls from facilitators are made from a BLOCKED/PRIVATE number.

## HEALTHY CHILD (0-12)/YOUTH (13+) /FAMILY PROGRAMS:

|  |  |  |                     |
|--|--|--|---------------------|
| Ready for Success Tutoring   | Dates: January 12, 2023-<br>March 30 , 2023    | Day: THUR  | Time: 4:15pm-5:15pm |
| Program Contact: Kelly<br>klo@vaughanchc.com<br>Phone: 905-303-8490 Ext. 2653  |  | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                     |
| Free Math and English group tutoring program for students in grades 1 to 6. Through group tutoring, children and tutors focus on improving literacy and numeracy skills. |  |  |                     |
| Blueprint  | Dates: January 17, 2023-<br>February 28 , 2023 | Day: TUE   | Time: 4:30pm-5:30pm |
| Program Contact: Stacey<br>ssalmon@vaughanchc.com<br>Phone: 905-303-8490 Ext. 2651   |  | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                     |
| Engage in fun activities and learn about: <ul style="list-style-type: none"> <li>• Science &amp; Technology</li> <li>• Engineering and Mathematics</li> </ul>            |  |  |                     |

For the most up-to-date information on Vaughan Community Health Centre's Virtual Group Programs follow us on:

 Instagram: @vaughancommunityhealthcentre

 Facebook: @vaughan.chc

 Twitter: @vaughan\_chc

Or visit our website at: [www.vaughanchc.com](http://www.vaughanchc.com)



# JANUARY 2023 HEALTH PROMOTION GROUP PROGRAMS

## ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+)

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <p>January 2</p> <div style="background-color: #cccccc; padding: 10px; text-align: center; margin-top: 20px;"> <b>VCHC CLOSED</b> </div> | <p>January 3</p>  | <p>January 4</p>  | <p>January 5</p>   | <p>January 6</p>  |
| <p>January 9</p>   | <p>January 10</p>   | <p>January 11</p>   | <p>January 12</p> <ul style="list-style-type: none"> <li>• Powerful Tools for Caregivers-<br/><b>New</b><br/>1:00pm-2:00pm<br/>Ext.2642</li> </ul>   | <p>January 13</p>   |
| <p>January 16</p> <ul style="list-style-type: none"> <li>• 360 to Wellness<br/>10:00am-11:00am<br/>Ext.2651</li> </ul>                   | <p>January 17</p>   | <p>January 18</p> <ul style="list-style-type: none"> <li>• Feet in Motion (Dance Program)<br/>2:00pm-3:00pm<br/>Ext.2642</li> </ul> | <p>January 19</p> <ul style="list-style-type: none"> <li>• Expressive Art 101- <b>New</b><br/>9:30am-11:00am<br/>Ext.2653</li> <li>Powerful Tools for Caregivers<br/>1:00pm-2:00pm<br/>Ext.2642</li> </ul> | <p>January 20</p> <ul style="list-style-type: none"> <li>• Train Your Brain<br/>1:00pm-2:00pm<br/>Ext.2642</li> </ul> |
| <p>January 23</p> <ul style="list-style-type: none"> <li>• 360 to Wellness<br/>10:00am-11:00am<br/>Ext.2651</li> </ul>                   | <p>January 24</p> <ul style="list-style-type: none"> <li>• Creative Corner-<b>New</b><br/>6:30pm-7:30pm<br/>Ext.2651</li> </ul> | <p>January 25</p> <ul style="list-style-type: none"> <li>• Feet in Motion (Dance Program)<br/>2:00pm-3:00pm<br/>Ext.2642</li> </ul> | <p>January 26</p> <ul style="list-style-type: none"> <li>• Expressive Art 101<br/>9:30am-11:00am<br/>Ext.2653</li> <li>Powerful Tools for Caregivers<br/>1:00pm-2:00pm<br/>Ext.2642</li> </ul>             | <p>January 27</p> <ul style="list-style-type: none"> <li>• Train Your Brain<br/>1:00pm-2:00pm<br/>Ext.2642</li> </ul> |
| <p>January 30</p> <ul style="list-style-type: none"> <li>• 360 to Wellness<br/>10:00am-11:00am<br/>Ext.2651</li> </ul>                   | <p>January 31</p> <ul style="list-style-type: none"> <li>• Creative Corner<br/>6:30pm-7:30pm<br/>Ext.2651</li> </ul>            |   |  |   |

# JANUARY 2023 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back.  
Calls from facilitators are made from a BLOCKED/PRIVATE number.

## ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):

|   |  |  |                       |
|---|--|--|-----------------------|
| 360 Stress to Wellness  | Dates: January 16, 2023-<br>March 6, 2023  | Day: MON   | Time: 10:00am-11:00am |
| Program Contact: Stacey<br>ssalmon@vaughanchc.com<br>905-303-8490 Ext. 2651   | Phone:   | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                       |
| A 7-week stress management program aimed at empowering group members to better understand and manage stress through education and practical tips.   |  |  |                       |
| Expressive Art 101  | Dates: January 19, 2023 -<br>March 9, 2023   | Day: THUR  | Time: 9:30am-11:30am  |
| Program Contact: Kelly<br>klo@vaughanchc.com<br>Phone: 905-303-8490 Ext. 2653   | Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106 Entrance A   |  |                       |
| This is a wellness program that provides an opportunity for participants to come together, connect and engage in art and reflection-based activities.   |  |  |                       |
| Train Your Brain  | Dates: Ongoing   | Day: FRI   | Time: 1:00pm-2:00pm   |
| Program Contact: Cindy<br>csabolic@vaughanchc.com<br>Phone: 905-303-8490 Ext. 2642  | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |  |                       |
| Train Your Brain is a weekly activity-based program designed for adults and older adults (aged 19+) to practice stimulating brain exercises to improve memory and concentration. Activities will help build your learning, thinking, communication and planning abilities. Staying cognitively connected and engaged along with self-care are important to optimal brain health. Join us to train your brain! |  |  |                       |
| Creative Corner   | Dates: January 24, 2023-<br>March 7, 2023  | Day: TUE   | Time: 6:30pm-7:30pm   |
| Program Contact: Stacey<br>ssalmon@vaughanchc.com<br>905-303-8490 Ext. 2651   | Phone:   | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                       |
| Create crafts, build new skills and socialize with friends.   |  |  |                       |

**JANUARY 2023 HEALTH PROMOTION PROGRAM DESCRIPTIONS:**

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**ADULT WELLNESS (19+)/MATURE ADULT (55+)/OLDER ADULT (65+):**

|   |  |  |                     |
|---|--|--|---------------------|
| Powerful Tools for Caregivers   | Dates: January 12, 2023- February 16, 2023 | Day: THUR  | Time: 1:00pm-2:00pm |
| Program Contact: Cindy<br>csabolic@vaughanchc.com<br>Phone: 905-303-8490 Ext. 2642  |  | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                     |
| This 6-week workshop will provide tools and strategies to support caregivers while they are caring for a loved one.   |  |  |                     |
| Feet in Motion  | Dates: Ongoing                             | Day: WED   | Time: 2:00pm-3:00pm |
| Program Contact: Cindy<br>csabolic@vaughanchc.com<br>Phone: 905-303-8490 Ext. 2642  |  | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                     |
| This is a Peer-led program designed to promote physical activity through dance. The program also provides an opportunity for participants to socialize and learn from each other to help increase their overall health and the sense of community belonging. Please note the dance component is led by volunteer peer leader. Join us weekly for dancing! |  |  |                     |
|   |  |  |                     |



# JANUARY 2023 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday     |
|--|---|--|--|------------|
| January 2<br><br><b>VCHC CLOSED</b>  | January 3   | January 4<br><ul style="list-style-type: none"> <li>• COPD Virtual Care Group<br/>10:30am-11:30am<br/>Ext.2671</li> </ul>  | January 5  | January 6  |
| January 9<br><ul style="list-style-type: none"> <li>• COPD Virtual Care Group<br/>10:30am-11:30am<br/>Ext.2671</li> </ul>  | January 10<br>Introduction to Diabetes-<br>virtual<br>5:30pm-7:30pm<br>Ext.2667 | January 11<br><ul style="list-style-type: none"> <li>• COPD Virtual Care Group<br/>10:30am-11:30am<br/>Ext.2671</li> </ul>   | January 12   | January 13 |
| January 16<br><ul style="list-style-type: none"> <li>• COPD Virtual Care Group<br/>10:30am-11:30am<br/>Ext.2671</li> </ul> | January 17  | January 18<br><ul style="list-style-type: none"> <li>• COPD Virtual Care Group<br/>10:30am-11:30am<br/>Ext.2671</li> </ul> Introduction to Diabetes-<br>virtual<br>1:00pm-3:00pm<br>Ext.2667 | January 19   | January 20 |
| January 23<br><ul style="list-style-type: none"> <li>• COPD Virtual Care Group<br/>10:30am-11:30am<br/>Ext.2671</li> </ul> | January 24  | January 25<br><ul style="list-style-type: none"> <li>• COPD Virtual Care Group<br/>10:30am-11:30am<br/>Ext.2671</li> </ul>   | January 26<br>Introduction to Diabetes-<br>virtual<br>9:30am-11:30am<br>Ext.2667 | January 27 |
| January 30<br><ul style="list-style-type: none"> <li>• COPD Virtual Care Group<br/>10:30am-11:30am<br/>Ext.2671</li> </ul> | January 31<br>COPD Support Group<br>1:30pm-3:00pm<br>Ext.2671                   |  |  |            |



# JANUARY 2023 CHRONIC DISEASE GROUP PROGRAMS

If registering by phone, please leave your name and contact information on the facilitator's voicemail and the facilitator will call you back. Calls from facilitators are made from a BLOCKED/PRIVATE number.

## CHRONIC DISEASE PREVENTION/MANAGEMENT PROGRAMS:

|  |  |                |                       |
|--|--|----------------|-----------------------|
| COPD Virtual Care Program  | Dates: Ongoing   | Day: MON & WED | Time: 10:30am-11:30am |
| Program Contact: Barbara at 905-303-8490 Ext. 2671   | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device                         |                |                       |
| Join us for COPD education and exercise in the comfort of your own home!   |  |                |                       |
| Introduction to Diabetes Virtual Group   | Session 1: January 10, 2023: 5:30pm- 7:30pm -virtual<br>Session 2: January 18, 2023: 1:00pm- 3:00pm - virtual<br>Session 3: January 26, 2023: 9:30am- 11:30am- virtual |                |                       |
| Program Contact: Gurbinder at 905-303-8490 Ext. 2667   | Platform: Online platform and in-person program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device           |                |                       |
| Recommended for newly diagnosed type 2 diabetes/Pre-diabetes. Join us for Diabetes education in the comfort of your own home |  |                |                       |
| COPD Support Group   | Dates: Last Tuesday of the Month   | Day: TUE       | Time: 1:00pm-3:00pm   |
| Program Contact: Barbara at 905-303-8490 Ext. 2671   | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device                         |                |                       |
| Join our virtual COPD support group program to connect with others struggling to manage their COPD.                          |  |                |                       |

**For the most up-to-date information on Vaughan Community Health Centre's Virtual Group Programs follow us on:**

 Instagram: @vaughancommunityhealthcentre

 Facebook: @vaughan.chc

 Twitter: @vaughan\_chc

Or visit our website at: [www.vaughanchc.com](http://www.vaughanchc.com)



# JANUARY 2023 EXERCISE EDUCATION GROUP PROGRAMS

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

|   |  |                   |   |  |
|---|--|-------------------|---|--|
| <p>January 2</p> <p><b>VCHC CLOSED</b></p>  | <p>January 3</p> <ul style="list-style-type: none"> <li>• Step it Up 1<br/>4:30pm-5:15pm<br/>Ext.2671</li> <li>• Step it Up 2<br/>5:45pm-6:30pm<br/>Ext.2671</li> </ul>  | <p>January 4</p>  | <p>January 5</p> <ul style="list-style-type: none"> <li>• Chair Yoga<br/>2:00pm-3:00pm<br/>Ext.2671</li> <li>• Salsa for Health<br/>5:15pm-6:15pm<br/>Ext.2671</li> <li>• Energize with Exercise<br/>6:30pm-7:30pm<br/>Ext.2671</li> </ul>  | <p>January 6</p> <ul style="list-style-type: none"> <li>• Total Body Conditioning<br/><b>Class C:</b> 10:00am-11:00am<br/><b>Class D:</b> 11:00am-12:00pm<br/>Ext.2671</li> </ul>  |
| <p>January 9</p> <ul style="list-style-type: none"> <li>• Total Body Conditioning<br/><b>Class A:</b> 9:00am-10:00am<br/><b>Class B:</b> 10:00am-11:00am<br/>Ext.2671</li> <li>• Zumba<br/><b>Low Intensity:</b> 4:00pm-5:00pm<br/><b>High Intensity:</b> 5:15pm-6:15pm<br/>Ext.2671</li> </ul> | <p>January 10</p> <ul style="list-style-type: none"> <li>• Step it Up 1<br/>4:30pm-5:15pm<br/>Ext.2671</li> <li>• Step it Up 2<br/>5:45pm-6:30pm<br/>Ext.2671</li> </ul> | <p>January 11</p> | <p>January 12</p> <ul style="list-style-type: none"> <li>• Chair Yoga<br/>2:00pm-3:00pm<br/>Ext.2671</li> <li>• Salsa for Health<br/>5:15pm-6:15pm<br/>Ext.2671</li> <li>• Energize with Exercise<br/>6:30pm-7:30pm<br/>Ext.2671</li> </ul> | <p>January 13</p> <ul style="list-style-type: none"> <li>• Total Body Conditioning<br/><b>Class C:</b> 10:00am-11:00am<br/><b>Class D:</b> 11:00am-12:00pm<br/>Ext.2671</li> </ul> |
| <p>January 16</p> <ul style="list-style-type: none"> <li>• Total Body Conditioning<br/><b>Class A:</b> 9:00am-10:00am<br/><b>Class B:</b> 10:00am-11:00am<br/>Ext.2671</li> <li>Zumba<br/><b>Low Intensity:</b> 4:00pm-5:00pm<br/><b>High Intensity:</b> 5:15pm-6:15pm<br/>Ext.2671</li> </ul>  | <p>January 17</p> <ul style="list-style-type: none"> <li>• Step it Up 1<br/>4:30pm-5:15pm<br/>Ext.2671</li> <li>Step it Up 2<br/>5:45pm-6:30pm<br/>Ext.2671</li> </ul>   | <p>January 18</p> | <p>January 19</p> <ul style="list-style-type: none"> <li>• Chair Yoga<br/>2:00pm-3:00pm<br/>Ext.2671</li> <li>• Salsa for Health<br/>5:15pm-6:15pm<br/>Ext.2671</li> <li>• Energize with Exercise<br/>6:30pm-7:30pm<br/>Ext.2671</li> </ul> | <p>January 20</p> <ul style="list-style-type: none"> <li>• Total Body Conditioning<br/><b>Class C:</b> 10:00am-11:00am<br/><b>Class D:</b> 11:00am-12:00pm<br/>Ext.2671</li> </ul> |
| <p>January 23</p> <ul style="list-style-type: none"> <li>• Total Body Conditioning<br/><b>Class A:</b> 9:00am-10:00am<br/><b>Class B:</b> 10:00am-11:00am<br/>Ext.2671</li> <li>Zumba<br/><b>Low Intensity:</b> 4:00pm-5:00pm<br/><b>High Intensity:</b> 5:15pm-6:15pm<br/>Ext.2671</li> </ul>  | <p>January 24</p> <ul style="list-style-type: none"> <li>Step it Up 1<br/>4:30pm-5:15pm<br/>Ext.2671</li> <li>Step it Up 2<br/>5:45pm-6:30pm<br/>Ext.2671</li> </ul>     | <p>January 25</p> | <p>January 26</p> <ul style="list-style-type: none"> <li>• Chair Yoga<br/>2:00pm-3:00pm<br/>Ext.2671</li> <li>• Salsa for Health<br/>5:15pm-6:15pm<br/>Ext.2671</li> <li>• Energize with Exercise<br/>6:30pm-7:30pm<br/>Ext.2671</li> </ul> | <p>January 27</p> <ul style="list-style-type: none"> <li>Total Body Conditioning<br/><b>Class C:</b> 10:00am-11:00am<br/><b>Class D:</b> 11:00am-12:00pm<br/>Ext.2671</li> </ul>   |
| <p>January 30</p> <ul style="list-style-type: none"> <li>Total Body Conditioning<br/><b>Class A:</b> 9:00am-10:00am<br/><b>Class B:</b> 10:00am-11:00am<br/>Ext.2671</li> <li>Zumba<br/><b>Low Intensity:</b> 4:00pm-5:00pm<br/><b>High Intensity:</b> 5:15pm-6:15pm<br/>Ext.2671</li> </ul>    | <p>January 31</p> <ul style="list-style-type: none"> <li>Step it Up 1<br/>4:30pm-5:15pm<br/>Ext.2671</li> <li>Step it Up 2<br/>5:45pm-6:30pm<br/>Ext.2671</li> </ul>     |                   |   |  |





# JANUARY 2023 EXERCISE EDUCATION GROUP PROGRAMS

## How to Register for Virtual Physical Education Programs:

1. Call the VCHC at (905) 303-8490 Ext.2 to register for exercise education programs
2. Participants will be screened for eligibility i.e. age of participant and program of interest
3. Eligible participants will be invited to registration
4. At registration, participants will:
  - a) be screened by a Registered Kinesiologist to ensure participants is cleared for group exercise
  - b) complete registration forms

*Please note:* Fitness instructors will not provide personal training

For more information visit: [www.vaughanchc.com](http://www.vaughanchc.com)



## WINTER 2023 EXERCISE EDUCATION PROGRAMS:

|  |  |  |   |
|--|--|--|---|
| Zumba  | Dates: Oct 13-Mar 20, 2023                         | Day: MON   | Time: Mon: 4:00pm-5:00pm: Low Intensity<br>Time: Mon: 5:15pm -6:15pm: High Intensity  |
| Program Contact: Barbara at 905-303-8490 Ext. 2671   |  | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |   |
| Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness program. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023. |  |  |   |
| Total Body Conditioning  | Dates: Oct 17-Mar 20, 2023,<br>Oct 14-Mar 10, 2023 | Day: MON & FRI   | Time: <b>Class A:</b> MON:9:00am – 10:00am<br><b>Class B:</b> MON:10:00am-11:00am<br>Time: <b>Class C:</b> FRI:10:00am – 11:00am<br><b>Class D:</b> FRI:11:00am-12:00pm |
| Program Contact: Barbara at 905-303-8490 Ext. 2671   |  | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |   |
| An integrative exercise class that will work all areas of the body<br>Focuses on improving, cardiovascular fitness, strength, coordination and flexibility. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.                                    |  |  |   |
| Step it Up   | Dates: Oct 11-Mar 7, 2023                          | Day: TUE   | Time: Step it up 1: 4:30pm-5:15pm<br>Time: Step it up 2: 5:45pm-6:30pm  |
| Program Contact: Barbara at 905-303-8490 Ext. 2671   |  | Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 206 Entrance B.  |   |
| This class incorporates standing and stepping exercises to push your fitness and confidence to the next level. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.   |  |  |   |

# JANUARY 2023 EXERCISE EDUCATION GROUP PROGRAMS

|   |                           |  |                     |
|---|---------------------------|--|---------------------|
| Chair Yoga  | Dates: Oct 13-Mar 9, 2023 | Day: THUR  | Time: 2:00pm-3:00pm |
| Program Contact: Barbara at 905-303-8490 Ext. 2671  |                           | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                     |
| This class aims to provide the opportunity for everyone to learn basic yoga postures. Chairs are used to accommodate everyone, including those with physical limitations. Yoga goes hand in hand with meditation, which together can improve: stress, concentration, and physical health. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023. |                           |  |                     |
| Energize with Exercise  | Dates: Oct 13-Mar 9, 2023 | Day: THUR  | Time: 6:30pm-7:30pm |
| Program Contact: Barbara at 905-303-8490 Ext. 2671  |                           | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                     |
| Circuit exercise class with a focus on the prevention and management of chronic conditions. Each circuit involves several exercises that will work the entire body. Aims to improve: balance + Coordination, muscular strength + endurance, and mobility + flexibility. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.                   |                           |  |                     |
| Salsa for Health  | Dates: Oct 13-Mar 9, 2023 | Day: THUR  | Time: 5:15pm-6:15pm |
| Program Contact: Barbara at 905-303-8490 Ext. 2671  |                           | Platform: Online Platform Program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device |                     |
| Improve your cardiovascular fitness, all while learning the basics of Latin dance! This class tests your limits when it comes to balance, coordination, and most importantly- rhythm!. Classes will end on Dec 19, 2022 and resume on Jan 3, 2023.  |                           |  |                     |

*Please let us know if you need any specific accommodations  
This flyer is available in an alternative format*