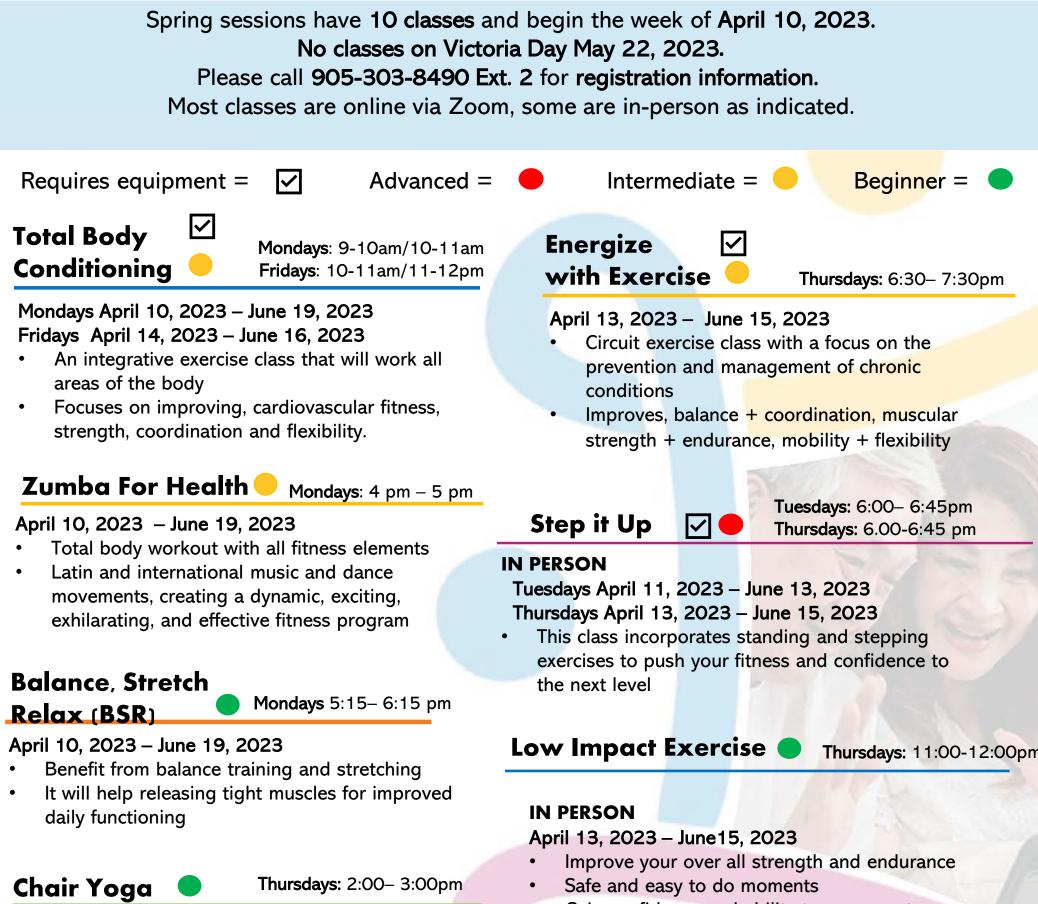


A different kind of healthcare

Exercise Education Program

ACCREDITED BY CANADIAN **CENTRE FOR ACCREDITATION**

Exercise education with a focus on preventing and managing chronic conditions



April 13, 2023 – June 15, 2023

- Aims to provide the opportunity for everyone to learn basic yoga postures
- Yoga goes hand in hand with meditation, which together can improve stress, concentration, physical health
- Gain confidence and ability to progress to more intense programs

Please note class days and timings may change. Every effort will be made to notify clients prior to class start

How To Register

1) For more information call Vaughan CHC – Chronic Disease Centre 905 303 8490 ext. 2 2.) Participants will be screened for eligibility, i.e., age of participant and program of interest

3.) Eligible participants will be invited for in-person registration to...

a) be screened by a Registered Kinesiologist who will ensure participant is cleared for group exercise, and determine the appropriate program(s) for each participant;

b) complete registration forms.

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905-303-8490 ext. 2



9401 Jane St. Suite 206



www.vaughanchc.com