



FEBRUARY 2023 HEALTH PROMOTION GROUP PROGRAMS

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

Monday	Tuesday	Wednesday	Thursday	Friday
January 30	January 31 <ul style="list-style-type: none"> • Blueprint 4:30pm-5:30pm Ext.2651 	February 1	February 2 <ul style="list-style-type: none"> • Ready for Success Tutoring 4:15pm-5:15pm Ext.2653 	February 3
February 6	February 7 <ul style="list-style-type: none"> • Blueprint 4:30pm-5:30pm Ext.2651 	February 8	February 9 <ul style="list-style-type: none"> • Ready for Success Tutoring 4:15pm-5:15pm Ext.2653 	February 10
February 13	February 14 <ul style="list-style-type: none"> • Blueprint 4:30pm-5:30pm Ext.2651 	February 15	February 16 <ul style="list-style-type: none"> • Ready for Success Tutoring 4:15pm-5:15pm Ext.2653 	February 17
February 20 <div style="background-color: #cccccc; padding: 5px; text-align: center;">VCHC CLOSED</div>	February 21 <ul style="list-style-type: none"> • Blueprint 4:30pm-5:30pm Ext.2651 	February 22	February 23	February 24
February 27	February 28 <ul style="list-style-type: none"> • Blueprint 4:30pm-5:30pm Ext.2651 			



FEBRUARY 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- March 30 , 2023	Day: THUR	Time: 4:15pm-5:15pm
Program Contact: Kelly klo@vaughanchc.com 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. No program on February 23, 2023			
Blueprint	Dates: January 17, 2023- February 28 , 2023	Day: TUE	Time: 4:30pm-5:30pm
Program Contact: Stacey ssalmon@vaughanchc.com 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"> • Science & Technology • Engineering and Mathematics 			

Coming Soon March Break Fun 2023 (ages 6-12 years)

How to Register:

Call the VCHC at (905) 303-8490 Ext.2651 or email ssalmon@vaughanchc.com

Please note: registration will close on February 24, 2023

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



FEBRUARY 2023 HEALTH PROMOTION GROUP PROGRAMS

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>January 30</p> <ul style="list-style-type: none"> • 360 to Wellness 10:00am-11:00am Ext.2651 • Coffee and Chats (65+) 10:30am-12:00pm Ext.2601 	<p>January 31</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2601 • Creative Corner 6:30pm-7:30pm Ext.2651 	<p>February 1</p> <ul style="list-style-type: none"> • Sense of Self 10:00am-11:00am Ext.2604 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	<p>February 2</p> <ul style="list-style-type: none"> • Expressive Art 101- 9:30am-11:00am Ext.2653 • Powerful Tools for Caregivers- 1:00pm-2:00pm Ext.2642 	<p>February 3</p> <ul style="list-style-type: none"> • Train Your Brain 1:00pm-2:00pm Ext.2642
<p>February 6</p> <ul style="list-style-type: none"> • 360 to Wellness 10:00am-11:00am Ext.2651 • Coffee and Chats (65+) 10:30am-12:00pm Ext.2601 	<p>February 7</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2601 • Creative Corner 6:30pm-7:30pm Ext.2651 	<p>February 8</p> <ul style="list-style-type: none"> • Sense of Self 10:00am-11:00am Ext.2604 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	<p>February 9</p> <ul style="list-style-type: none"> • Expressive Art 101- 9:30am-11:00am Ext.2653 • Powerful Tools for Caregivers- 1:00pm-2:00pm Ext.2642 	<p>February 10</p> <ul style="list-style-type: none"> • Train Your Brain 1:00pm-2:00pm Ext.2642
<p>February 13</p> <ul style="list-style-type: none"> • 360 to Wellness 10:00am-11:00am Ext.2651 • Coffee and Chats (65+) 10:30am-12:00pm Ext.2601 	<p>February 14</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2601 • Creative Corner 6:30pm-7:30pm Ext.2651 	<p>February 15</p> <ul style="list-style-type: none"> • Sense of Self 10:00am-11:00am Ext.2604 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	<p>February 16</p> <ul style="list-style-type: none"> • Expressive Art 101- 9:30am-11:00am Ext.2653 • Powerful Tools for Caregivers 1:00pm-2:00pm Ext.2642 • Power of Food 2:00pm-3:00pm Ext.2604 	<p>February 17</p> <ul style="list-style-type: none"> • Train Your Brain 1:00pm-2:00pm Ext.2642
<p>February 20</p> <div style="background-color: #cccccc; padding: 10px; display: inline-block; margin: 10px 0;"> <p>VCHC CLOSED</p> </div>	<p>February 21</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2601 • Creative Corner 6:30pm-7:30pm Ext.2651 	<p>February 22</p> <ul style="list-style-type: none"> • Sense of Self 10:00am-11:00am Ext.2604 • Feet in Motion (Dance Program) 2:00pm-3:00pm Ext.2642 	<p>February 23</p> <ul style="list-style-type: none"> • Expressive Art 101 9:30am-11:00am Ext.2653 • Power of Food 2:00pm-3:00pm Ext.2604 	<p>February 24</p> <ul style="list-style-type: none"> • Train Your Brain 1:00pm-2:00pm Ext.2642
<p>February 27</p> <ul style="list-style-type: none"> • 360 to Wellness 10:00am-11:00am Ext.2651 • Coffee and Chats (65+) 10:30am-12:00pm Ext.2601 	<p>February 28</p> <ul style="list-style-type: none"> • Coffee and Chats (19+) 10:00am-11:00am Ext.2642 • Coffee and Chats (55+) 10:30am-11:30am Ext.2601 • Creative Corner 6:30pm-7:30pm Ext.2651 			

FEBRUARY 2023 HEALTH PROMOTION PROGRAM DESCRIPTIONS:

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

360 Stress to Wellness	Dates: January 16, 2023- March 6, 2023	Day: MON	Time: 10:00am-11:00am
Program Contact: Stacey ssalmon@vaughanhc.com 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 - March 9, 2023	Day: THUR	Time: 9:30am-11:30am
Program Contact: Kelly klo@vaughanhc.com 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 csabolic@vaughanhc.com 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- March 7, 2023	Day: TUE	Time: 6:30pm-7:30pm
Program Contact: Stacey ssalmon@vaughanhc.com 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.			
Coffee and Chats (19+)	Dates: ongoing	Day: TUE	Time: 10:00am-11:00am
Program Contact: Cindy csabolic@vaughanhc.com Phone: 905-303-8490 Ext. 2642		Location: 9401 Jane Street, Vaughan, ON L6A 4H7 Suite 106.	
In-person program that can also be offered on Zoom. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			

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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 csabolic@vaughanchc.com 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 csabolic@vaughanchc.com 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!			
Sense of Self	Dates: February 1-March 22, 2023	Day: WED	Time: 10:00am-11:00am
Program Contact: Cindy csabolic@vaughanchc.com 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	
A 8-week social emotional learning forum provides opportunities to build our coping skills through engaging activities.			
Power of Food	Dates: February 16-March 23, 2023	Day: THUR	Time: 2:00pm-3:00pm
Program Contact: Cindy csabolic@vaughanchc.com 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	
Increase your knowledge of healthy eating and learn about foods that help fight disease, support healthy immunity, promote good health and positive aging.			

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

Coffee and Chats (55+)	Dates: Ongoing	Day: TUE	Time: 10:30am-11:30am
Program Contact: Jennyvie: jaromin@vaughanchc.com Phone: 905-476-5621 Ext. 2601		Location: 716 The Queensway S. Georgina ON L4P 4C9. Online program will be offered on Zoom Access to the internet and working video/microphone on phone, tablet, or computer device	
In-person program that can also be offered on Zoom. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			
Coffee and Chats (65+)	Dates: Ongoing	Day: MON	Time: 10:30am-12:00pm
Program Contact: Jennyvie: jaromin@vaughanchc.com Phone: 905-476-5621 Ext. 2601		Location: 20849 Dalton Rd. Sutton ON L0E 1R0. Online program will be offered on Zoom Access to internet and working video/microphone on phone, tablet, or computer device.	
In-person program that can also be offered on Zoom. Meet new friends, discuss topics related to healthy living and wellness, and learn from guest speakers on topics of your choice and more! Group members can connect with friends and fellow community members through an easy-to-use virtual platform.			



FEBRUARY 2023 CHRONIC DISEASE VIRTUAL GROUP PROGRAMS




Monday	Tuesday	Wednesday	Thursday	Friday
January 30 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	January 31	February 1 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	February 2 <ul style="list-style-type: none"> • Living a Healthy Life with Diabetes Workshop 10:00am-11:30am Ext.2667 	February 3
February 6 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	February 7 <ul style="list-style-type: none"> • Introduction to Diabetes-virtual 5:30pm-7:30pm Ext.2667 	February 8 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	February 9 <ul style="list-style-type: none"> • Living a Healthy Life with Diabetes Workshop 10:00am-11:30am Ext.2667 	February 10
February 13 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	February 14	February 15 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 • Introduction to Diabetes-virtual 1:00pm-3:00pm Ext.2667 	February 16 <ul style="list-style-type: none"> • Living a Healthy Life with Diabetes Workshop 10:00am-11:30am Ext.2667 	February 17
February 20 <div style="background-color: #cccccc; padding: 5px; text-align: center;">VCHC CLOSED</div>	February 21	February 22 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	February 23 <ul style="list-style-type: none"> • Living a Healthy Life with Diabetes Workshop 10:00am-11:30am Ext.2667 • Introduction to Diabetes-virtual 5:30pm-7:30pm Ext.2667 	February 24
February 27 <ul style="list-style-type: none"> • COPD Virtual Care Group 10:30am-11:30am Ext.2671 	February 28 <ul style="list-style-type: none"> • COPD Support Group 1:30pm-3:00pm Ext.2671 			



FEBRUARY 2023 CHRONIC DISEASE GROUP PROGRAMS

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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: February 7, 2023: 5:30pm-7:30pm-virtual Session 2: February 15, 2023: 1:00pm-3:00pm-virtual Session 3: February 23, 2023: 5:30pm-7:30pm-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.			
Living a Healthy Life with Diabetes Workshop	Dates: February 2-23, 2023	Day: THUR	Time: 10:00am-11:30am
Program Contact: Gurbinder at 905-303-8490 Ext. 2667	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 4 week workshop for people living with prediabetes or type 2 diabetes. The workshop will enhance your regular diabetes care.			
<p>For the most up-to-date information on Vaughan Community Health Centre's Virtual Group Programs follow us on:</p> <p> Instagram: @vaughancommunityhealthcentre</p> <p> Facebook: @vaughan.chc</p> <p> Twitter: @vaughan_chc</p> <p>Or visit our website at: www.vaughanchc.com</p>			



FEBRUARY 2023 EXERCISE EDUCATION GROUP PROGRAMS

Monday

Tuesday

Wednesday

Thursday

Friday

<p>January 30</p> <ul style="list-style-type: none"> • Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 • Zumba Low Intensity: 4:00pm-5:00pm High Intensity: 5:15pm-6:15pm Ext.2671 	<p>January 31</p> <ul style="list-style-type: none"> • Step it Up 1 4:30pm-5:15pm Ext.2671 • Step it Up 2 5:45pm-6:30pm Ext.2671 	<p>February 1</p>	<p>February 2</p> <ul style="list-style-type: none"> • Chair Yoga 2:00pm-3:00pm Ext.2671 • Salsa for Health 5:15pm-6:15pm Ext.2671 • Energize with Exercise 6:30pm-7:30pm Ext.2671 	<p>February 3</p> <ul style="list-style-type: none"> • Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
<p>February 6</p> <ul style="list-style-type: none"> • Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 • Zumba Low Intensity: 4:00pm-5:00pm High Intensity: 5:15pm-6:15pm Ext.2671 	<p>February 7</p> <ul style="list-style-type: none"> • Step it Up 1 4:30pm-5:15pm Ext.2671 • Step it Up 2 5:45pm-6:30pm Ext.2671 	<p>February 8</p>	<p>February 9</p> <ul style="list-style-type: none"> • Chair Yoga 2:00pm-3:00pm Ext.2671 • Salsa for Health 5:15pm-6:15pm Ext.2671 • Energize with Exercise 6:30pm-7:30pm Ext.2671 	<p>February 10</p> <ul style="list-style-type: none"> • Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
<p>February 13</p> <ul style="list-style-type: none"> • Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 • Zumba Low Intensity: 4:00pm-5:00pm High Intensity: 5:15pm-6:15pm Ext.2671 	<p>February 14</p> <ul style="list-style-type: none"> • Step it Up 1 4:30pm-5:15pm Ext.2671 • Step it Up 2 5:45pm-6:30pm Ext.2671 	<p>February 15</p>	<p>February 16</p> <ul style="list-style-type: none"> • Chair Yoga 2:00pm-3:00pm Ext.2671 • Salsa for Health 5:15pm-6:15pm Ext.2671 • Energize with Exercise 6:30pm-7:30pm Ext.2671 	<p>February 17</p> <ul style="list-style-type: none"> • Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
<p>February 20</p> <p style="text-align: center; background-color: #cccccc; padding: 5px;">VCHC CLOSED</p>	<p>February 21</p> <ul style="list-style-type: none"> • Step it Up 1 4:30pm-5:15pm Ext.2671 • Step it Up 2 5:45pm-6:30pm Ext.2671 	<p>February 22</p>	<p>February 23</p> <ul style="list-style-type: none"> • Chair Yoga 2:00pm-3:00pm Ext.2671 • Salsa for Health 5:15pm-6:15pm Ext.2671 • Energize with Exercise 6:30pm-7:30pm Ext.2671 	<p>February 24</p> <ul style="list-style-type: none"> • Total Body Conditioning Class C: 10:00am-11:00am Class D: 11:00am-12:00pm Ext.2671
<p>February 27</p> <ul style="list-style-type: none"> • Total Body Conditioning Class A: 9:00am-10:00am Class B: 10:00am-11:00am Ext.2671 • Zumba Low Intensity: 4:00pm-5:00pm High Intensity: 5:15pm-6:15pm Ext.2671 	<p>February 28</p> <ul style="list-style-type: none"> • Step it Up 1 4:30pm-5:15pm Ext.2671 • Step it Up 2 5:45pm-6:30pm Ext.2671 			



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



WINTER 2023 EXERCISE EDUCATION PROGRAMS:

Zumba	Dates: Oct 13-Mar 20, 2023	Day: MON	Time: Mon: 4:00pm-5:00pm: Low Intensity 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.			
Total Body Conditioning	Dates: Oct 17-Mar 20, 2023, Oct 14-Mar 10, 2023	Day: MON & FRI	Time: Class A: MON:9:00am – 10:00am Class B: MON:10:00am-11:00am Time: Class C: FRI:10:00am – 11:00am Class D: 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 Focuses on improving, cardiovascular fitness, strength, coordination and flexibility.			
Step it Up	Dates: Oct 11-Mar 7, 2023	Day: TUE	Time: Step it up 1: 4:30pm-5:15pm 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.			

FEBRUARY 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.			
Energize with Exercise	Dates: Oct 13-Mar 16, 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.			
Salsa for Health	Dates: Oct 13-Mar 16, 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!			

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