

Workshop

“Shape and Tone”

Instructor: Susan Lao

When: Monday, September 30, 2019

Where: Old Unionville Library Community Centre

What Time: 11:00 am - 12:00 pm

This will be conducted in English and can accommodate wheelchair and physically limited members.

This is a Healthy Moves session to promote “Aging Well”

Because of Room size this workshop will be limited to the first 20 registrants.

Bring your own hand weights. That will better enhance your experience, but they are not mandatory. Rubber soled indoor shoes or running shoes are to be worn.

Register by email at: programs@agoac.ca

Stay Active. Stay Strong