



Health Exercise (HEE7) / Rhythmic Music Movement (RMM) Program

Breakfast & Music Movement Party



Saturday, September 5, 2026



9:30 a.m. – 11:30 a.m.



Gym Hall,
Angus Glen Community Centre

Move to the rhythm. Energize your morning. Connect as one!



Music. Movement. Morning Joy!

Fee:

\$5

JOIN. MOVE. ENJOY!

No. _____