

Come Join Us!!!

If you are a mature adult 55+, and looking for ways to keep yourself healthy and well.



The Young at Heart Wellness Group



**A New Healthy living & Physical Activity
Program Starts January 17/2012**

1:00 - 3:00 pm

For 8 consecutive weeks.

Registration is required as space is limited

Registration opens: Tuesday, January 3/12

**Please call (416) 231-7070 ext. 307 or
visit the health centre to register**

