



2018 WINTER SESSION



Woman Alive!

Health & Wellness Program for women with limited incomes

This program helps women understand the importance of their health & wellness, and develop strategies & skills for improvement. Program includes physical activity and health education.

Registration & Classes start: January 9th, 2017, 10 weeks session

Day, time and location: Tuesdays in the pool from 12:00 p.m. - 1:00 p.m.

Thursdays in the gym from 12:00 p.m. - 1:00 p.m.

Fees: Each 10-week session is \$30+HTS for non-members or \$15+HTS for members

**FOR MORE INFORMATION OR
TO REGISTER:**

Contact Rana Aldibs at
905 522 9922 x 180

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Funded in part by:



United Way
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