



Fit For Life Pole Walking Group

Calling all walkers!

Are you interested in joining a FREE Pole Walking Group?

Pole walking sessions include:

- **Strengthening, balance and stretching exercises**
- **Poles are provided during classes**
- **Everyone is welcome**

When: Every Tuesday from April 25 - July 4

Time: 10:00 - 11:30 am

Where: South Riverdale Community Health Centre
955 Queen Street East (Queen & Carlaw)

Register: Please call Sarpreet at 416.461.9043 ext 340



South Riverdale
COMMUNITY
HEALTH CENTRE



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