

Empowered, healthy and thriving communities  
where everyone belongs.



# Fitness & Healthy Living for Women

Free 5 week Program  
at 1245 Danforth Unit 3

- Learn simple exercises
- Improve nutrition
- Be more active & have fun!

Every Thursday starting July 6<sup>th</sup>, from 1-3pm

Refreshments and childcare provided

Please contact Gurpreet at 416-461-1925, ext. 230 to register \*Space is limited



South Riverdale  
**COMMUNITY**  
HEALTH CENTRE



South Riverdale Community  
Health Centre - SRCHC



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