



WANT TO HAVE SOME FUN?

LAUGHTER YOGA

A great way to heal & relive stress!
Sessions include unique exercises, that combine
unconditional laughter with yogic breathing.

SEPTEMBER 11 , 2019
ONE SESSION.
(10:00-11:00 AM)

ALL UNISON CLIENTS 18 AND OLDER MAY REGISTER!

Bathurst-Finch
540 Finch Avenue West

CALL 416-645-7575 EXT 2715

