



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.**

**FROM JANUARY TO FEBRUARY 2019 EACH UNISON
SITE WILL HOST ONE SESSION.
(10:00-11:00 AM)**

ALL UNISON CLIENTS 18 AND OLDER MAY REGISTER!

January 16, 2019 at 1541 Jane Street
January 23, 2018 at 12 Flemington Road
January 30, 2019 at 1651 Keele Street
February 07, 2019 at 540 Finch Avenue West

CALL 416-645-7575 EXT 2715

