

**Summer
2019**

EAT HEALTHY, LIVE ACTIVE!

Healthy Eating and Fitness!

10 week workshop series for seniors on:

Nutrition — learn about healthy eating

Exercise — develop a dancing/yoga exercise routine
that fits your lifestyle

When: Tuesdays, (10am-12pm)

July 2 to September 3, 2019

July 2, 9, 16, 23, 30 Aug. 6, 13, 20, 27 Sept. 3

Contact **Abubakar # 416-645-7575 Ext. 2436**

When: Fridays, (10am-12pm)

July 5 to September 6, 2019

July 5, 12, 19, 26 Aug. 2, 9, 16, 23, 30 Sept. 6

**Healthy snack and tokens will be provided
Registered at the first class
(Spaces are limited)**



Engage. Empower. Enhance.
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