

Indoor WALKING CLUB

Every Tuesday
October to April
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

Seminars:

November 3
NO WALKING CLUB

November 10
Medical Cannabis 101 with Apollo Applied Research Inc.

November 17
45 minute seminar : 2:00 - 2:45 P.M.
Understanding Elder Abuse: Ageism & Abuse with Yellow Brick House

November 24
Strength Training & Conditioning with John from Bayview Physiotherapy

Join us on the second floor of the Aurora Family Leisure Complex. Walk is on the indoor track.
All Seminars are also on zoom please email wow@aurora.ca to receive the link.

Aurora Family
Leisure Complex
wow@aurora
365-500-3342

Walk. Stretch. Learn.

AURORA
You're in Good Company