



Indoor

WALKING CLUB

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

October Seminar Dates:

October 6

Be Better with Brandie

October 13

Frauds & Scams Ontario Security Commission

October 20

Brain Health with Memories Plus Group

October 27

Cholesterol with Daisie Tan, RPh

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.ca
365-500-3342

Walk. Stretch. Learn.

