## FREE ADMISSION!

Register online at caregivershow.ca to avoid lines

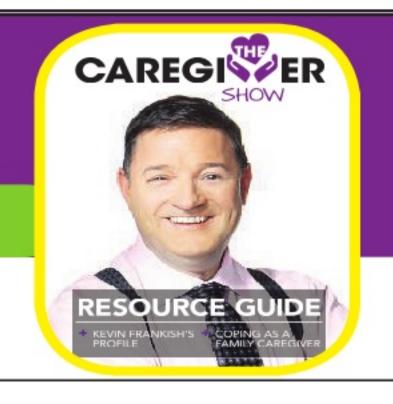
Free Caregiver Resource Guide to all attendees

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#### YORK WEST



### **Active Living Centre**

**Health & Wellness Programs for 55+** 

Invites you to attend our annual

# Open House

1901 Weston Road, Main floor Thursday September 5, 2019 9:30 am - 12:30 pm

Our friendly staff and instructors will be on hand to answer questions about our social and instructional programs, as well as our social transportation service. Join us for live demonstrations of our programs as well as a tour of our Centre.



#### Featured Program - Open Circuit Workout



Ontario Sport and Recreation Communities Fund

We are pleased to provide information in English, Italian and Spanish

Light snacks will be served

For more information call Danna at 416.245.4395 x 223 or email danna@ywalc.ca





