

Healthy Seniors Group



Attention seniors! Join our gentle fitness class for newcomers 50+ to exercise, learn to move your body safely, and meet other newcomers.

Time & Dates:

Every Second Thursday,
11:30am – 12:30pm
April 11, 25, May 9, 23, June 6

Eligibility

Eligible participants are:

- Permanent Residents
- Ukrainian refugees (on CUAET or similar special program status for Ukrainians)

Location:

ICA (808 Douglas Street, Victoria),
5th Floor

To register or for more information, please contact:

Salma Ihsan, Training Coordinator
workshops@icavictoria.org
250-388-4728 ext. 2199

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