

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 Tuesday
11:30am – 12:30pm
January 14 - March 11

Eligibility

Eligible participants are:

- Permanent Residents
- Ukrainian Refugees under CUAET

Location:

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

To register or for more information, please contact:

Salma Ihsan (she/her)
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