

Healthy Steps



Join our activity & fitness class for newcomer adults to exercise, learn to move your body safely, and meet other newcomers.

Time & Dates:

Weekly on Tuesdays
11:30am – 12:30pm
Sep 16 - Dec 9

Eligibility

Permanent Residents, Work Permit Holders, Study Permit Holders, Refugee Claimants, Asylum Seekers, and Naturalized Citizens

Location:

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

**To register or for more information,
please contact us at:**

workshops@icavictoria.org
250-388-4728 ext. 2199

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