



Fit and Friendship

**A donation-based year-round exercise
program designed to enhance mobility and
balance with a chance to socialize!**



**Monday -1:30 pm and
Friday-11:15 am**

**Join us on Mondays after class
for refreshments and
conversation.**

**Parkdale United Church
2919 8 Ave NW T2N 1C8**

Call 403.283.3301 for more information

