



Fit and Friendship

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

**New schedule
starting
January 5**

**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

