



## Fit and Friendship

A complimentary year-round exercise program designed for seniors to enhance mobility and balance with a chance to socialize!

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

Join us on Wednesdays after class  
for refreshments and conversation.

Parkdale United Church  
2919 8 Ave NW T2N 1C8

Call 403.283.3301 for more information



### Fit and Friendship Instructor

Diana Korpan owns D & D Wellness Revolution. She has spent 35 years in the health and wellness industry in various roles, including: fitness classes and reflexology at various 50+ clubs around the city.