



# Diabetes & Me



*"Building Relationships with the Diabetes Community"*

## **LET'S GET ACTIVE!!**

Spring has sprung! Let get out and enjoy some of the great activities being offered by the CARA program!

### WALKING GROUP

Monday, Wednesday &  
Friday's @ Noon

Thursday's @ 6:00PM

Starting at the Small  
Business Centre

### ZUMBA

Monday & Wednesdays @  
4:45PM

At the Family Resource Centre

### YOGA

Tuesday's @ 6:00PM  
(Starting April 12<sup>th</sup>)

At the Family Resource  
Centre

### Intro to ZUMBA GOLD

(Low Impact)

Friday April 1<sup>st</sup> @ 2:30PM

At the Family Resource  
Centre

For more information call Steve at 705 657-2557 or email  
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