

Yoga!

Tuesday Evenings *starting the 12th of April*

Seniors 4 pm – 5 pm @ Seniors Centre

Community 6 pm to 7 pm @ Family Resource Centre

Lunchtime Yoga *starting April 19*

12:15 pm @ Family Resource Centre

For more info please email mindyk@curvelake.ca or phone the Health Centre
705 657-2557.

