

Barrier Free Physical Activity Program

When: **Every Monday**

Where: **The Anne Johnston Health Station**
2398 Yonge Street (3 blocks north of Eglinton)

Time: **6:00 pm – 7:00 pm**

Cost: **Free!**

- ✓ Are you looking for an accessible physical activity program?
- ✓ Do you like the support and motivation that a group exercise class can provide?



Regular exercise is proven to improve physical and mental health. Our adaptive weekly physical activity program includes stretching, aerobic and strengthening exercises. **Please Note:** This is not a drop in fitness program, registration is mandatory.

To register please contact us at: (416)486-8666 ext.228 (Monica). Please contact us regarding access or accommodation requests.

Attendant services will be provided.