



FREE
Admission

Seated Yoga Classes

(Ages 55+)

Starting

February 12th

Every Monday

Between 4:30 p.m. - 5:30 p.m.

Uxbridge Senior Centre

75 Marietta St, ON L9P 1K4

For information contact:

Central Intake

1-888-255-6680



Community Care Durham
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY