



嘗健55
R.E.A.C.H.
FOR AGING WELL

Alzheimer Society
YORK REGION



MARKHAM PUBLIC LIBRARY

国语健脑健身心班
Minds in Motion®



Join us and have
fun!

Meeting new friends while enhancing physical health and cognitive stimulation!

Program: Gentle seated exercise and fun games

Dates: Dec 16th, 23rd, 30th 2022 &

Jan 6th, 13th, 20th, 27th 2023 (Fridays)

Time: 10am to 11am

Location: ZOOM

Facilitator : Public Education Coordinator, R.E.A.C.H Project

For whom : Mandarin speaking residents 55+ welcome

Fee: Free Program

Class limit: 20 maximum

Registration by: Dec 11th 2022, please fill out the form by clicking into the link below

<https://forms.gle/1a1dgrAJvvM2XoNG6>

Contact: For enquiry, please call Loletta at 905-726-3477 ext 234

or email: lyu@alzheimer-york.com

