



North York
Community
House

HEALTHY LIVING PROGRAM

Yoga *For* Moms



FREE PROGRAM for Moms & Caregivers
Get Fit + Stay Active + Be Healthy
Childcare Available (must pre-register)

Starts Wednesday, February 22nd 6:30PM to 8:00PM
700 Lawrence Avenue West, Suite 226
Inside the Lawrence Square Mall, 2nd Floor

To register, or for more information, please contact:

Dayanne Martinez at

416-784-0920 x 234

dmartinez@nych.ca



United Way
Toronto & York Region