

FREE, DROP IN  
**CHAIR YOGA**  
WITH  
**MAGDA**



Humphrey Community Centre      Wed      9:30-10:30 am

Orrville Community Centre      Mon & Fri      9:30 -10:30 am

St James United Church      Tue & Thurs      9:00-10:00 am

24 Mary St. Parry Sound

**All Classes to start the week of Oct. 7**



**IMPROVE MOBILITY**



**INCREASE BALANCE**



**BUILD STRENGTH**



**ADAPT TO ABILITY**

**TO ARRANGE A FREE SCHEDULED RIDE CALL 705-746-5602**

**FOR CLASS INFORMATION EMAIL: [MAGDAJUSTBE@ICLOUD.COM](mailto:MAGDAJUSTBE@ICLOUD.COM)**

**Ontario**



Brought to you by  
**West Parry Sound District  
Community Support Services**