



Seniors' Day Out

Tuesday, May 22, 2018

9:30am - 12:30pm | \$10 per participant

Guest Speaker

This warm weather brings plenty of opportunity for getting outside and being active! Come join us for a fitness class and presentation by Sonya Janisse of Fresh Approach Fitness, as she discusses important topics to stay healthy such as using seasonal foods in a healthy diet, how to stay active on those rainy days, and so much more!

COME JOIN US!

9:30am to 10:30am

Fitness Class (with Sonya Janisse),
Skating, Pickleball or Shuffleboard

10:30am to 10:45am

Coffee Break

10:45am to 11:45am

Guest Speaker; Sonya Janisse of
Fresh Approach Fitness

11:45am to 12:30pm

Lunch from Aylmer Sub

Supported by:



For more information
or to register

Call: (519) 773-5631

Email: admin@eccc.ca

Visit: www.eccc.ca