

**This class is for anyone who wishes to  
improve strength & mobility,  
develop resilience & self-awareness, and  
enjoy a welcoming community.**

# **MOVE. GROUND. CONNECT.**

**Downtown Community Centre  
775 Pandora Ave  
Free Drop-in  
Supplies Provided**

**MONDAYS & THURSDAYS  
10:00 AM - 11:15 AM**

**For More Information  
Email: [dcc@coolail.org](mailto:dcc@coolail.org)  
Call: 250-383-0076**