



Health & Wellness Programs for 55+  
Invites you to attend our annual

# Open House

1901 Weston Road, Main floor

Thursday September 5, 2019

9:30 am – 12:30 pm

Our friendly staff and instructors will be on hand to answer questions about our social and instructional programs, as well as our social transportation service. Join us for live demonstrations of our programs as well as a tour of our Centre.

## Featured Program - Open Circuit Workout



Funded by:  Ontario

*Ontario Sport and Recreation Communities Fund*

**We are pleased to provide information in English, Italian and Spanish**  
**Light snacks will be served**

For more information call Danna at 416.245.4395 x 223 or email [danna@ywalc.ca](mailto:danna@ywalc.ca)

**Stay Active**  
1901 Weston Rd Weston M9N 3P5

**Be Fit**  
416.245.4395

**Live Well**  
[www.ywalc.ca](http://www.ywalc.ca)