

Spring *into* Fitness Workshop

F O R O L D E R A D U L T S

Tuesday, March 22nd • 10am - 2pm



Join us at the Regency as **Jaqueline Murdoch** from **Vintage Fitness** teaches you how to maintain and improve your health, build strength, have pain-free joints & feel energized as you age! Workshop features seated yoga, an exercise class & a delicious, healthy lunch. **\$5/person.**

All proceeds to Canadian Diabetes Association.

Improve your quality of life!

Call Sara today for more details and to RSVP.



REGENCY
RETIREMENT
RESIDENCE

29 Mississauga Rd. North
Port Credit

905-891-2422