



Wabano Centre for Aboriginal Health, 299 Montreal Rd, Ottawa

Get fit and feel great!

PUMP

and

Stretch



September 15th-October 30th 2008

Odawa Friendship Centre

Mondays, 6:30-7:30pm

Fitness for all ages!

Wabano Centre for Aboriginal Health

Thursdays, 6:30-8pm

Beginners Yoga and Strength Training!

Childcare provided

**Contact Pamela Naymark, Health Promoter
613 748-0657 #223; pnaymark@wabano.com**

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