



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](mailto:pnaymark@wabano.com)**

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