



Carefirst Seniors & Community Services Association

耆暉會



Start Date: Tuesday, July 3, 2018

Time: 5:30pm—6:45pm

Venue: Carefirst One-Stop Multi-Services Centre

Fee: Members \$80 (10 sessions)

Instructor: Abby Mina

** Please bring your indoor shoes, bottled water and a towel.*

開課日期: 2018年7月3日(星期二)

時間: 晚上5時30分—6時45分

地點: 耆暉會一站式綜合服務中心

費用: 社員 \$80 (10堂)

導師: Abby Mina

** 請自備瓶裝水和毛巾及室內鞋。*

Enquiries & Registration 查詢及報名:

Carefirst One-Stop Multi-Services Centre

300 Silver Star Blvd., Scarborough, ON M1V 0G2

Wellness Centre Hotline: **416-847-8939**

Email: wellness@carefirstontario.ca

Website: www.carefirstontario.ca

Min. 6

Max. 20



Code: 10137