

Thank You Message from Carefirst Wellness Youtube Channel

“This is my first time participating in the activities put forth by your organization. I want to express my gratitude to Carefirst in putting forth this virtual class for all of us, seniors and volunteers alike, to stay healthy in this difficult time.

It means so much to stay active, stay connected and knowing that we are not being left alone in the community.

Please convey my heartfelt sincere THANK YOU to all of Carefirst personnel, Mary, Eduardo and support staff who make this possible.

Please stay safe and stay healthy, hope we will see each other very soon!”

My husband and I would like to thank you and let you know how much we appreciate these exercises, we try different ones everyday. The standing conditioning exercises are great for me as much as the sitting exercises for my husband. We are so grateful of you helping us to stay fit during this trying times we are living. THANK YOU 🙏😊☐

I am glad that I was able to introduce CareFirst Wellness exercise classes to my relatives, several of my friends and even those in Vancouver.

Never ever do we need to stay connected and mentally healthy in this unprecedented difficult time of our lives.

Together we will get through this: 留得青山在，那怕無柴燒！

Please take care while you are out in the community and at work.