

FREE VIRTUAL INFORMATION SESSIONS



Presented by Carefirst Seniors and Community Services Association in partnership with Aniin Community Centre

Join us for our workshop series with Dr. Christina Choi, Chiropractor, Amity Health to learn about the following topics -

Neck Pain and Vertigo August 10th 2020 (Monday)

Register via Eventbrite -

<https://www.eventbrite.ca/e/neck-pain-and-vertigo-workshop-tickets-110040175126>



Common Conditions of Shoulder Pains September 21st 2020 (Monday)

Register via Eventbrite -

<https://www.eventbrite.ca/e/common-conditions-of-shoulder-pain-tickets-113895703114>



Knee Pains and Fundamentals October 19th 2020 (Monday)

Register via Eventbrite -

<https://www.eventbrite.ca/e/knee-pains-and-fundamentals-tickets-113897342016>



6:30 PM – 8:00 PM via ZOOM

Workshops will be held in English • **All are Welcome!**

Registration and enquiries, please contact

Aniin Community Centre

Tel: 905-477-5530

Or register online using the below link and click "Register online":

<https://www.markham.ca/wps/portal/home/recreation/programs/Virtual-Workshops/02-Virtual-Workshops>

