



**Carefirst Wellness Club**

**In-Person Program**



## **Healthy Lifestyle – An interactive workshop in partnership with U+ Toastmaster (in English)**

**This workshop offers a platform and opportunities for members to practice English while discussing topics related to a healthy lifestyle.**

**Program Code: WEL24192**

**Date: July 5, 2024**

**Time: 10:30 am - 11:30 am**

**Location: Cafeteria, 300 Silver Star Blvd., Scarborough**

**Members  
only**

**Register online  
[CLICK](#)**



**U+ Toastmaster  
Website**

**Enquiries:**

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