

Indoor WALKING CLUB



Tuesdays:
1:30 p.m. Walk
1:50 p.m. Stretch
2:00 p.m. Seminar

Upcoming Seminars:

March 7 – Mental Health with Madison Furguele

March 14 - NO WALKING CLUB

March 21 - The Resilient Gardener - with Lucy

March 28 - Nutrition for Osteoarthritis and Osteoporosis
with Dr. Tina Canto, ND

Seminars available in person or over Zoom.

Walk. Stretch. Learn.

Aurora Family Leisure Complex
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