



SENIOR WELLNESS WATERLOO

CHAIR YOGA

Wednesday, October 8, 2025

1 pm - 3 pm

Legion 77 Shefford at Waterloo

77 rue Lewis, Waterloo QC J0E 2N0

Improve your flexibility and strength with us.



NUTRITION WORKSHOP

Wednesday, October 22, 2025

1 pm - 3 pm

Legion 77 Shefford at Waterloo

77 rue Lewis, Waterloo QC J0E 2N0

A fun and interactive workshop to improve your nutritional health.



FREE for all seniors.

For more information or to register contact

Emilee: emileeveluz@yamaskaliteracy.ca or 450-204-2787

Zia: za@townshippers.org or 819-566-5717, ext. 110



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