



Optimizing Chronic
Disease Management

Fitness Food Fun Program

FREE drop in exercise program to increase your strength and fitness

- 😊 Participate in physical activity with an exercise leader and health team
- 😊 Learn about healthy living
- 😊 Monday Program: Walking - Focused



"I love coming to this group..."

The information part gives me information I need."

- Program participant

White Buffalo Youth Lodge - 602 20th Street West

Monday, Tuesday and Thursday 10:00am to 11:30am

For more information

call: 655-LIVE (306-655-5483)

Weekly Prizes! Everyone welcome!

Free Childcare – Register at 655-LIVE

