

# International Women of Saskatoon (IWS)



## Newcomer Women in Motion

Open to all newcomer Women

Cost: FREE

Registration not required

Dates: **Fridays, 1:30-2:30pm**

Starts September 14, 2012

Location: YWCA Yoga Studio

510 25th St E Saskatoon, SK S7K 4A7

Health and Fitness Program

Yoga

Tai-Chi

Swimming

Nature Walks

Nutrition & Self Care

& Much more

Program funded by:



For more information, please call:

International Women of Saskatoon

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[www.internationalwomenofsaskatoon.org](http://www.internationalwomenofsaskatoon.org)