



ST. CROIX
WELLNESS & RENEWAL
CENTRE

Seniors Wellness Program

Welln' Us 50 plus

Mondays, September 23, 2019 – March 2020

Schedule

- 10:30 – 11:00 welcome and check in
- 11:00 – 11:45 exercise activities (CHOICE of walking track, circuit exercises, aquafit, pool)
- 11:45 – 12:30 wellness themed presentation/activity
- 12:30 – 1:00 SNACK

To REGISTER Contact:

Kim Reeder 467 – 1927

Kim.quoddy@gmail.com

NOTE - YOU SIGN UP FOR THE ENTIRE PROGRAM,
NOT INDIVIDUAL EVENT DAYS

