

*Yoga for
every
"BODY"*



Diabetes Prevention & Management Free Men Only YOGA!

Classes led by Nicole Aylwin, Certified Yoga Instructor

Where: 409 Parliament Street, Ground Floor

**When: Every Wednesday from 3:00-4:00 pm
(NO class on Nov 1st)**

***Space is limited. Please register by
phone or in person.***

Who: Beginners are welcome :)

- ◆ Please wear comfortable clothing
- ◆ Yoga mats and water will be provided



REGENT PARK
COMMUNITY HEALTH CENTRE

DIABETES EDUCATION PROGRAM

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