

*Yoga for
every
"BODY"*



Photo by: Young Living Essential Oils

Diabetes Prevention & Management Free Women Only YOGA!

Classes led by Ann Dugan, Certified Yoga Instructor



Where: 409 Parliament Street, Ground Floor

When: Every Wednesday from 5:00-6:00 pm

Who: Beginners are welcome :)

DIABETES EDUCATION PROGRAM

**409 Parliament St, Ground Floor
Toronto, Ontario M5A 3A1**

**Phone: (416) 603-0336
Fax: (416) 603-8068
www.regentparkchc.org**

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