

*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



REGENT PARK
COMMUNITY HEALTH CENTRE

DIABETES EDUCATION PROGRAM

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

Phone: (416) 603-0336

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www.regentparkchc.org

Where: 409 Parliament Street, Ground Floor

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

Who: Everyone! Beginners are welcome :)

**NOTICE: Yoga Class will be cancelled
the following days: February 22nd
and March 15th**

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