

NORTH SHORE KEEP WELL SOCIETY

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p style="text-align: center;">Zoom Virtual Exercise Class</p> <p>online – please contact www.keepwellsociety.ca to register</p> <p>9:00 - 10:00 Mild Exercise</p>	<p style="text-align: center;">Parkgate Community Centre</p> <p style="text-align: center;">3625 Banff Court North Van. V7H 2Z8</p> <p>9:30 – 10:30 Mild Exercise 10:30 – 11:30 <i>BP Clinic & Other Activities</i></p>	<p style="text-align: center;">Zoom Virtual Exercise Class</p> <p>online – please contact www.keepwellsociety.ca to register</p> <p>9:00 - 10:00 Mild Exercise</p>	<p style="text-align: center;">Lions Gate Recreation Centre</p> <p style="text-align: center;">1733 Lions Gate Lane North Van. V7P 0C7</p> <p>10:00 – 11:00 Mild Exercise 11:00 – 12:00 <i>Hands-On: BP Clinic & Other Activities</i></p>	<p style="text-align: center;">Silver Harbour Centre</p> <p style="text-align: center;">144 East 22nd Street North Van. V7L 4L5</p> <p style="text-align: center;">The class will move to: North Vancouver Kiwanis Lynn Woods* 2555 Whiteley Court, North Vancouver, V7J 3G9</p> <p>9:30 - 10:30 Mild Exercise <i>BP Clinic & Other Activities</i> <i>*The date will be announced</i></p>
<p style="text-align: center;">North Shore Neighbourhood House 225 East 2nd Street North Van. V7L 1C4</p> <p>9:30 - 10:30 Mild Exercise <i>BP Clinic</i></p>		<p style="text-align: center;">Silver Harbour Centre</p> <p style="text-align: center;">144 East 22nd Street North Van. V7L 4L5</p> <p>9:30 - 10:30 Mild Exercise <i>BP Clinic</i></p>		<p style="text-align: center;">West Vancouver Kiwanis</p> <p style="text-align: center;">959 21 Street West Van. V7V 4Y3</p> <p>9:30 – 10:30 Mild Exercise <i>BP Clinic</i></p>
<p style="text-align: center;">Delbrook Recreation Centre</p> <p style="text-align: center;">Arbutus Room 851 West Queens Road North Van. V7N 4E3</p> <p>11:00 – 12:00 Mild Exercise <i>BP Clinic</i></p>		<p style="text-align: center;">West Vancouver Seniors' Activity Centre</p> <p style="text-align: center;">695 – 21st Street West Van. V7V 4A7</p> <p>11:15 – 12:00 Mild Exercise 12:00 – 12:45 <i>BP Clinic & Other Activities</i></p>		

- **Mild Exercise** – Strength, stamina, and balance exercises, standing and sitting, and using some equipment.

Tel: (604) 988-7115 ext 3001 Email: keepwellsociety@telus.net Website: www.keepwellsociety.ca



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Sponsors:

Vancouver Coastal Health, PARC Retirement Living, GMR Foundation, City of North Vancouver Community Foundation, The District of North Vancouver, The District of West Vancouver, West Vancouver Foundation