

NORTH SHORE KEEP WELL SOCIETY

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Zoom Virtual Exercise Class online – please contact www.keepwellsociety.ca to register 9:00 - 10:00 Mild Exercise	Parkgate Community Centre 3625 Banff Court, North Van. V7H 2Z8 9:30 – 10:30 Mild Exercise 10:30 – 11:30 <i>BP Clinic & Other Activities</i>	Zoom Virtual Exercise Class online – please contact www.keepwellsociety.ca to register 9:00 - 10:00 Mild Exercise	Lions Gate Recreation Centre 1733 Lions Gate Lane North Van. V7P 0C7 10:00 – 11:00 Mild Exercise 11:00 – 12:00 Hands-On: <i>BP Clinic & Other Activities</i>	Silver Harbour Centre 144 East 22nd Street, North Van. V7L 4L5 9:30 - 10:30 Mild Exercise <i>BP Clinic & Other Activities</i> <i>(Previously LynnWoods)</i>
North Shore Neighbourhood House 225 East 2nd Street, North Van. V7L 1C4 9:30 - 10:30 Mild Exercise <i>BP Clinic</i>		Silver Harbour Centre 144 East 22nd Street North Van. V7L 4L5, 9:30 - 10:30 Mild Exercise <i>BP Clinic</i>		West Vancouver Kiwanis 959 21 Street West Van. V7V 4Y3 9:30 – 10:30 Mild Exercise <i>BP Clinic</i>
Delbrook Recreation Centre Arbutus Room 851 West Queens Road, North Van. V7N 4E3 11:00 – 12:00 Mild Exercise <i>BP Clinic</i>		West Vancouver Seniors' Activity Centre 695 – 21st Street, West Van. V7V 4A7 11:15 – 12:00 Mild Exercise 12:00 – 12:45 <i>BP Clinic & Other Activities</i>		

• **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