

Older Adults
& Seniors



Seniors Yoga

Wednesdays, 10:30–11:45 a.m.

January 15—March 18, 2020

Taught by a certified instructor, these gentle yet effective stretches and exercises focus on improving mobility, decreasing physical and mental signs of aging, and strengthening body muscles.

Registration required. Fee varies.

Ask at reception for current rates.

Mount Pleasant Neighbourhood House

800 East Broadway, Vancouver
Unceded Coast Salish Territory

www.mpnh.org

To register please contact

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**Mount Pleasant
Neighbourhood House**