



# Health Access Thorncliffe Park

Community Health, Close to Home.

# Virtual Programs: Health & Wellness

For more information and registration contact:

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Programs	Monday	Tuesday	Wednesday	Thursday	Registration Link
<p>Wellness physical activities for adults &amp; seniors</p>	<p><b>Bolly Yoga virtual</b> Time: 5pm to 6pm Day: Mondays Start date: Nov 23, 2020 Description: Bolly Yoga is a balance between higher energy, high to low impact workout with stretching and breathing exercises. Bolly Yoga sessions have been adapted to seniors or persons with disabilities. Many movements can be done on a chair as well.</p>		<p><b>Gentle fitness virtual</b> Time: 5pm to 6pm Day: Tuesdays Start date: Nov 17, 2020 Description: Gentle fitness is a low impact to moderate intensity dances. Healthy weight loss and muscles strengthening. It will improve your heart and lung fitness, keep good balance, build self-confidence, and reduce stress.</p>	<p><b>Line Dance virtual</b> Time: 9:45 to 10:45am Day: Thursdays Start date: Nov 19, 2020 Description: Line Dance can improve your mental health by boosting overall happiness. Like any good, low-impact cardio workout, dancing can improve cardiovascular health, increase stamina, strengthen bones and muscles and stave off illnesses.</p>	<p><a href="https://forms.gle/QmBmbWyKKQk3rPqJ6">https://forms.gle/QmBmbWyKKQk3rPqJ6</a> <b>**Zoom link will be shared to registered participants.</b></p>
<p>Information sessions</p>		<p><b>COVID-19 session In Urdu (virtual)</b> Nov 17, time: 1:30pm to 2:30 pm Get the latest information on COVID-19 and how to prevent the spread. Learn about symptoms, getting tested, and by-laws.</p>	<p><b>COVID-19 info session in Gujarati (virtual)</b> Nov 18, time: 11am to 12 pm Get the latest information on COVID-19 and how to prevent the spread. Learn about symptoms, getting tested, and by-laws.</p>	<p>Registration Link <a href="https://forms.gle/he2ckAdavxbGnvb97">https://forms.gle/he2ckAdavxbGnvb97</a> <b>**Zoom link will be shared to registered participants.</b></p>	

