PROPOSAL FOR COMMUNITY CHURCH EXERCISE LUNCHEON

IN COLLABORATION WITH THE MONTÉRÉGIE WEST COMMUNITY NETWORK



PARTICIPACTION 150

DAY OF EXERCISE TRYOUTS

FREE

Professional instructors, Rina – Zumba and Stella - Yoga on site to help you keep well and moving through exercise and

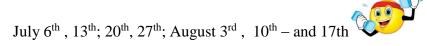
Presentation on importance of good nutrition!!

Wednesday, June 28th from 10 – 3:00

ALL WELCOME!!

LUNCH AND PRIZES INCLUDED!! Limited space call to reserve 450-617-0513

FREE -SUMMER EXERCISE PROGRAM FOR MEMBERS Cost of membership is \$10.



10:30 - 10:45	Arrival & chat
10:45-11:45	Zumba

12:15 - 12:45 Lunch

12:45 is clean up

Limited space so reserve early....you do not want to be disappointed if the group is full.Donation containers on each table x 4 to support women's group activities throughout the year. Healthy desert provided by members each week x 2

These are 2 different events.....First one June 28th is Free Participaction – 2nd is Summer Exercise Program Call Pauline to reserve your spot – 450-617-0513