



Grand River
Community
Health Centre



Gentle Yoga

Tuesdays from 5:30 - 6:45 p.m.

363 Colborne Street (Community Rooms A & B)

Join us for a free beginner friendly class that guides you through practices that harmonize the mind, and body.

For information or to register, please email OG at oegiebor@grchc.ca or call (519) 754-0777 ext. 233

WWW.GRANDRIVERCHC.CA