

N'GINAAJIW DANCE FITNESS & ZUMBA



N'GINAAJIW

My Spirit is Beautiful



DANCE FITNESS & ZUMBA

N'GINAAJIW

**My spirit is Beautiful / I am
Beautiful.**

CERTIFIED INSTRUCTOR

Alyssa McLeod

**"Movement is medicine.
Appreciating, respecting, and loving
our bodies as they are. Our minds,
bodies and spirits are beautiful."**

AGES 16+



**Thursdays Feb. 29, Mar. 7 & 28,
April 4, 11, 18 & 25.**



6:00pm-7:30pm



**Durham Community Health
Centre 115 Grassmere Ave**



**For more info, contact
Angela (905)723-0036 X1222
aduckworth@durhamchc.ca**

If you require accessibility assistance, please contact info@durhamchc.ca or 1-877-227-3217



www.durhamchc.ca

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