



**CONNECT
WITH YOUR
BODY, BABY &
OTHER MOMS**

BABY & BODY WELLNESS PROGRAM

Newcomer Moms Welcome!

**We are more than a fitness class. We are a
community of support.**

For more information or to register:

Rana Aldibs

Supervisor,

Community Connections &
Wellness Programs

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Summer Session 2023

July 10th - August 28th

Mondays

Time: 9:30 am - 11:00 am

Location: William Connell Park

1086 West 5th St.



Immigration and
Settlement Program



Immigration, Refugees
and Citizenship Canada

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