



Sunday,
May 7,
2023

OUTDOOR

Family-Friendly Aerobics

LET'S GET MOVING!



7:45 - 8:10 am

Vesna Cestarcic will demonstrate proper deep breathing techniques and posture to help improve our lung function, circulation, and musculoskeletal balance.

**Vesna Cestarcic
CNN, RMT**



8:10 - 8:40 am

Time for fun aerobics!



8:50 am

Enjoy a healthy breakfast while watching a live demonstration on how to make a traditional Indonesian (oriental) healthy beverage.

*Come with
your family
and friends!*

VENUE:
Kingsway College
1200 Leland Rd, Oshawa, ON L1K 2H5

Click icon for the exact location

ORGANIZED BY:

www.durhamfilcan.org

