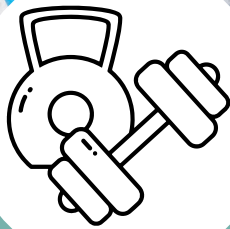




Ottawa Regional
Cancer
Foundation

Fondation
du cancer
de la région d'Ottawa

FITNESS FUN & FRIENDS



Join personal fitness trainer Kathy Smart in this 1-hour beginner fitness program designed for those living with cancer and their caregivers.

This fitness program will include abdominal work, light strength training, gentle yoga stretches and walking. Leave each fitness class feeling rejuvenated and energized as you enjoy the benefits of exercise in a group setting.

**EVERY WEDNESDAY
FROM 4-5PM**

**FOR 12 WEEKS
BEGINNING JANUARY 11, 2023**

**REGISTRATION:
OTTAWACANCER.CA/CALENDAR
OR CALL 613-247-3527**

**OTTAWA COMMUNITY CANCER HUB
1500 ALTA VISTA DRIVE**