



Why Wait for Wellness

An active living program for Vancouver Residents ages 17-26 living with mental illness

WINTER 2012 PROGRAM

STARTING JANUARY 4, 2012

ENDING MARCH 28, 2012

MONDAYS 3:30 P.M. TO 4:30 P.M. FITNESS SAMPLER

(GROUP INDOOR CYCLING, YOGA, MARTIAL ARTS)

WEDNESDAYS 3:30 TO 4:45 P.M. FITNESS CENTRE

CREEKSIDE COMMUNITY CENTRE

1 ATHLETES WAY, VANCOUVER, BC

CONTACT 604-675-3989 EXT 0 FOR MORE INFORMATION

SPONSORED BY THE COMMUNITY LINK PROGRAM

