



ESS Support Services presents...

FREE EXERCISE CLASSES

All community members 55+ are
welcome to attend!

8-10
week
sessions



When:

Sessions take place in the Spring, Fall and Winter seasons

Where:

The Village of Humber Heights (2245 Lawrence Ave West)
Cloverdale Mall (250 The East Mall)

Call us today to register at 416-243-0127 ext. 503

ESS Support Services is not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and community.

Visit us at www.esssupportservices.ca

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