



Feel “Fran”tastic



Kick off the weekend with a fun, energizing and invigorating dance party! Our amazing volunteer Fran, who is a choreographer and yoga instructor, will get your heart pumping and your body moving and grooving during this easy dance exercise.

DATE: Friday February 5th, 2021

TIME: 2:00 – 2:45 p.m.

HOW TO JOIN:

Please click [here](#) to join or use Zoom Meeting ID: 863 9462 1366

OR

Call 647-374-4685 and enter Meeting ID: 863 9462 1366 on your phone

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

www.esssupportservices.ca