



## Active Living 健康的生活

一个为期四周的新移民妇女的聚会。大家可以认识和结交新朋友和参加不同的运动项目。

二月 16, 23 和三月 2, 9

四个周五, 12:30 pm – 2:30 pm

*地址是在西温和北温的社区中心*

- 运动项目：瑜伽，森巴舞，有氧健身运动和羽毛球
- 参观西北温社区中心
- 营养和健康生活讲座

因名额有限！请尽快报名！

报名方式：

请致电 Ting Ting 潘小姐, 604-973-0468 或电邮 [tingr@nsms.ca](mailto:tingr@nsms.ca)

致电 Monica, 604-988-2931 或电邮 [monicam@nsms.ca](mailto:monicam@nsms.ca)

*This program is government funded and free of charge.*



## Details

- Open to all immigrant women
- Please wear appropriate, comfortable clothing and shoes to exercise in
- Bring a water bottle
- Please attend all 4 sessions being offered  
请尽量参加所有的四节课

**Space is limited  
Register early**

## Locations 地址

**West Vancouver  
Community Centre**  
2121 Marine Drive  
West Vancouver  
February 16

**Mickey McDougall Gym**  
240 East 23<sup>rd</sup> Street  
North Vancouver  
February 23 & March 9

**Delbrook Community  
Recreation Centre**  
851 West Queens Rd  
North Vancouver  
March 2

Tel: 604.988.2931

Fax: 604.988.2960

Email: [office@nsms.ca](mailto:office@nsms.ca)

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