



## Active Living

A 4-session program for new immigrant women to come together, meet new people and participate in exercise activities!

**Held on Fridays, 12:30 pm – 2:30 pm**

**February 16, 23 and March 2, 9**

*Sessions in West Vancouver and North Vancouver*

- Try out activities like yoga, Zumba, mild aerobics, and badminton
- Take tours of recreation centres
- Learn about nutrition and other healthy living topics

**For more information or to register, contact:**  
Front Desk, [office@nsms.ca](mailto:office@nsms.ca) or 604-988-2931

*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

***Space is limited  
Register early***

## Locations

**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**

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