

Join us! **FOR THIS VIRTUAL EVENT OF FUN ACTIVITIES**

A day full of lively movement featuring raffles and CA\$H prizes!*

Yoga | Fitness Classes | African Dance | Food Demo

* Must be Present to win prizes • Simultaneous Interpretation

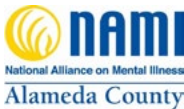


12TH ANNUAL WE MOVE FOR HEALTH

Change Your Habits, Change Your Life!

Save the Date

FRIDAY, MAY 12, 2023 | 12:30PM - 4:30PM



register at: hhrec.org/10-x-10-wellness

DISCLAIMER

This series of event classes are low intensity to high intensity exercises including African Dance, Extreme Hip Hop, Yoga, Tai Chi, etc.,. It should not be used in place of advice of a physician, physiotherapist, psychologists, or other health professional. Exercises are done at your own risk and HHREC/PEERS, Host Agencies, and event class instructors will not be held responsible for any adverse effects. It is advised before starting any exercise routine/ class you should be cleared by your doctor.