

Yoga

Yoga resumes on Tuesday, Sept. 11th

Classes are informal and are held on Tuesdays* from 9:30 to 10:30 a.m.

(no classes in July/August)

Christmas Luncheon for regular participants is Tuesday, Dec. 11th

Admission is free.

No registration is required.

Please wear appropriate apparel & bring your own yoga mat.

All retired members of all workplaces represented by Unifor Local 222 are welcome to attend.

For information call 905-623-5121

***Please note all dates are subject to availability of the Unifor Local 222**

Union Hall. Participants will be notified of any cancellations to the best of the ability of the organizers.



UNIFOR
Local 222 Canada
Retired Workers Chapter
www.local222retirees.ca