

# Shift the conversation

September 30 to October 6, 2013

## Celebrate **Community Health and Wellbeing Week** with **Four Villages!**

### **Wellness Walk** with Nordic Poles

Tuesday October 1, 2013

11:30 am - 1:00 pm

Discover a new way of walking! Poles provided.

*Meet at the main entrance to High Park  
(at High Park Avenue & Bloor Street West)*



### **Snack and Dance**

Tuesday October 1, 2013

5:00 - 7:00 pm

Enjoy making healthy and delicious snacks, then get your groove on with hip hop dancing!

*Cooper Mills Gym - 4020 Dundas St. W.*



### **Dancing in the Street** (almost!)

Thursday October 3, 2013

4:00 - 5:00 pm

Move to the music with Zumba (in the parking lot) or choose to unwind with yoga (bring your own mat).

*The Four Villages Community Health Centre  
Dundas Site - 3446 Dundas Street West*



**Register for these events by calling 416-604-0640,**  
ext. 6452 (Gayle), ext. 6454 (Camilla), ext. 6453 (Junko),  
ext. 1066 (Salma), or ext. 6424 (Tony & Ayesha)