

# CULTURAL CARDIO: IN-PERSON SESSION



**Tuesday, September 30, 2025**  
**11:30 a.m. - 1:30 p.m.**

Join us to honour the National Day for Truth and Reconciliation with traditional Cultural Cardio:

- Light movement class that includes some fun powwow movement
- Using dance as a way to connect to the Indigenous culture
- Learn about the Indigenous culture and history

**\*\*Refreshments will be provided\*\***

Register by phone or email:

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[Register Online](#)



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