

CELEBRATING NATIONAL SENIOR'S DAY: IN-PERSON EVENT



Thursday, October 2, 2025
1:00 p.m. - 3:00 p.m.

Join us in celebrating National Seniors Day with a fun-filled afternoon with Chair Yoga. Chair Yoga offers a safe, gentle, and highly effective way for seniors to maintain mobility and improve well-being.



7700 Hurontario Street, Unit 601, Suite 100
Community Door, Brampton L6Y 4M3

Register by phone or email:
(905) 457-4747 Ext. 3018
ggrewal@achev.ca

Follow Achēv on:

