

CANADA DAY CELEBRATIONS: IN-PERSON SESSION



In Collaboration with Polycultural
Immigrant & Community Services



Wednesday, July 8, 2026 | 11:00 a.m. - 1:00 p.m.

Experience "meditation in motion" in our Tai Chi class, where you will master slow, flowing movements and controlled breathing to enhance your strength, flexibility, and mental clarity. No special equipment is required – simply wear comfortable clothing. Refreshments will be provided.

Location: 690 Dorval Dr., Suite 100, Oakville, L6K 3X9

Eligibility Criteria: Permanent Residents or Convention Refugees with a valid PR card, Confirmation of PR or Notice of Decision.

REGISTER NOW

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