achēv SENIORS ENGAGE & THRIVE



FACIAL YOGA FOR SENIORS: ONLINE SESSION

In Collaboration with SEVA Food Bank

seva food bank
an initiative of Sikhs Serving Canada

Wednesday, November 11, 2026
11:00 a.m. - 12:00 p.m.

Discover natural techniques to help relax facial muscles, improve circulation, and promote a healthy, refreshed appearance.

This interactive Facial Yoga session will guide participants through simple exercises and massage techniques designed to reduce tension, enhance overall well-being, and support self-care. No prior experience is required.

REGISTER NOW

or scan the QR code

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