# Ready, Steady, Balance

Balance is key to safe movement. If we don't train for balance as we age, we can lose it. Attend this 45-minute workshop to increase your understanding of balance training and how it can help you to feel more confident on your feet.

## **Chaplin Family YMCA**

250 Hespeler Road, Cambridge, ON N1R 3H3

January 17, 2020 | 10:00 am – 11:00 am

April 17, 2020 | 10:00 am – 11:00 am

#### To register:

**Phone:** 519-623-9622 ext. 2214 **Email:** wellness@ckw.ymca.ca

#### **Stork Family YMCA**

500 Fischer-Hallman Road North, Waterloo, ON N2L 0B1
February 14, 2020, 2020 | 1:00 pm - 2:00 pm
May 8, 2020 | 1:00 pm - 2:00 pm

#### To register:

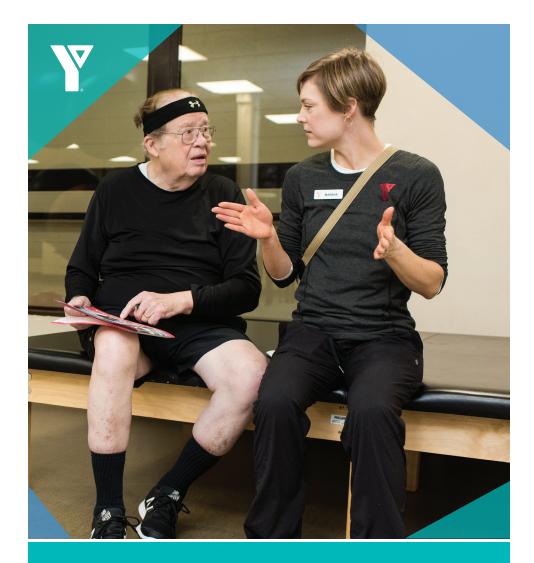
**Phone:** 519-725-8783 ext. 2313 **Email:** wellness@ckw.ymca.ca

## A. R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON N2G 3C5
March 10, 2020 | 5:00 pm – 5:45 pm
June 5, 2020 | 10:00 am – 10:45 am

#### To register:

**Phone:** 519-743-5201 ext. 2103 **Email:** wellness@ckw.ymca.ca



FREE YMCA
COMMUNITY
HEALTH AND FITNESS
WORKSHOPS

# **Posture Workshop**

Stand tall, look and feel better

Attend our 45-minute posture workshop that includes a postural assessment, education and exercises to improve your posture.

### **Stork Family YMCA**

500 Fischer-Hallman Road North, Waterloo, ON N2L 0B1

January 10, 2020 | 1:00 pm - 2:00 pm

April 17, 2020 | 1:00 pm - 2:00 pm

To register:

**Phone:** 519-725-8783 ext. 2313 **Email:** wellness@ckw.ymca.ca

# A. R. Kaufman Family YMCA

**333** Carwood Avenue, Kitchener, ON N2G 3C5 **February 7, 2020** | 10:00 am – 10:45 am **May 12, 2020** | 5:00 pm – 5:45 pm

To register:

**Phone:** 519-743-5201 ext. 2103 **Email:** wellness@ckw.ymca.ca

### **Chaplin Family YMCA**

250 Hespeler Road, Cambridge, ON N1R 3H3

March 20, 2020 | 10:00 am - 11:00 am

June 5, 2020 | 10:00 am - 11:00 am

To register:

Phone: 519-623-9622 ext. 2214 Email: wellness@ckw.ymca.ca

# Osteoarthritis & Exercise

#### Do you have arthritis? Pain, stiffness and questions?

Join us for a workshop to discuss osteoarthritis and the role of exercise in arthritis management. Includes tips on what to do, and how to get started with exercise.

### A. R. Kaufman Family YMCA

333 Carwood Avenue, Kitchener, ON N2G 3C5

January 9, 2020 | 5:00 pm – 5:45 pm

April 17, 2020 | 10:00 am – 10:45 am

To register:

**Phone:** 519-743-5201 ext. 2103 **Email:** wellness@ckw.ymca.ca

### **Chaplin Family YMCA**

250 Hespeler Road, Cambridge, ON N1R 3H3

February 21, 2020 | 10:00 am - 11:00 am

May 15, 2020 | 10:00 am - 11:00 am

To register:

**Phone:** 519-623-9622 ext. 2214 **Email:** wellness@ckw.ymca.ca

#### **Stork Family YMCA**

500 Fischer-Hallman Road North, Waterloo, ON N2L 0B1 March 13, 2020 | 1:00 pm - 2:00 pm

**June 12, 2020** | 1:00 pm – 2:00 pm

To register:

**Phone:** 519-725-8783 ext. 2313 **Email:** wellness@ckw.ymca.ca