

# 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](mailto: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](mailto: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](mailto: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

# MOVE FOR HEALTH 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