

FREE ZUMBA CLASS FOR DIABETES AWARENESS MONTH

Get moving with us!


Join the Nova Scotia Sisterhood at the YMCA for a fun, free Zumba exercise class and learn about YMCA programs. Everyone is welcome!

Wear comfortable clothing and indoor shoes.



Join us!

Thursday, November 21st
6 p.m. to 7 p.m.

 John W. Lindsay YMCA
5640 Sackville Street, Halifax

**TO REGISTER, PLEASE
EMAIL OR CALL ASHLEY,
COMMUNITY COORDINATOR
(NOVA SCOTIA SISTERHOOD):**

**Ashley.Preston@nshealth.ca
902-399-5799**

