



# Staying Well Together: Body, Mind and Soul

A virtual wellness series

Join us every Tuesday at 2 p.m.  
throughout January, February, and March  
for a virtual series to help keep your body  
and mind healthy.

## January Events:

**AEROBIC EXERCISE** January 5

**HEALTH & NUTRITION** January 12

**YOGA & MINDFULNESS** January 19

**MENTAL WELLNESS** January 26

For more information or to register contact:  
Dan Lajoie at [dan@ilcwr.org](mailto:dan@ilcwr.org).

This is a virtual event presented through Zoom.



**Independent  
Living Centre**  
Of Waterloo Region



**Virtual  
Activities &  
Resource  
Program**