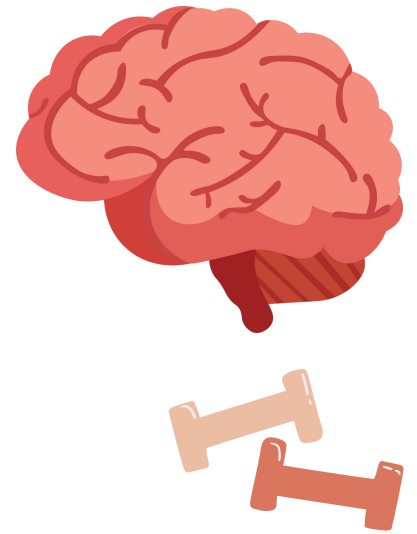


JOHN BRAITHWAITE COMMUNITY CENTRE

WORKOUT FOR WELLNESS



WANT TO GO TO THE GYM BUT....

STRUGGLING WITH MOTIVATION OR ACCOUNTABILITY?

IS COST A BARRIER?

DONT KNOW WHERE TO START?

JOIN US FOR A FREE DROP IN FITNESS TIME!

EVERY FRIDAY, FEB 3RD - MAY 19TH
@ 2:30-4:30 (ANYTIME DURING THIS TIME)

145 W 1ST ST, NORTH VANCOUVER, BC V7M
1B1



FREE OF CHARGE
FOR FOUNDRY CLIENTS AGES 16-24
REGISTRATION REQUIRED

TALK TO YOUR FOUNDRY WORKER or TEXT DONNA at 236-988-1592