



*Wellness workshop series*

# Chair Yoga for Newcomer Seniors

On Fridays of August 4th, 11th, 18th, and 25th

9:30AM—11:00am

@MOSAIC, 7134 King George Blvd, Surrey

Join us for FREE physical wellness sessions, accompanied by information sessions about government benefits

*Refreshments will be provided*

- Bring your PR card for registration.
- Register here or call (778) 591-9334

Learn more details at [www.mosaicbc.org/events](http://www.mosaicbc.org/events)



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