

NORTH SHORE KEEP WELL SOCIETY

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p>Zoom Virtual Exercise Class online – please contact www.keepwellsociety.ca to register</p> <p>9:00 - 10:00 Mild Exercise</p>	<p>Parkgate Community Centre 3625 Banff Court, North Van. V7H 2Z8</p> <p>9:30 – 10:30 Mild Exercise <i>10:30 – 11:30</i> <i>BP Clinic & Other Activities</i></p>	<p>Zoom Virtual Exercise Class online – please contact www.keepwellsociety.ca to register</p> <p>9:00 - 10:00 Mild Exercise</p>	<p>Lions Gate Recreation Centre 1733 Lions Gate Lane North Van. V7P 0C7</p> <p>10:00 – 11:00 Mild Exercise <i>11:00 – 12:00 Hands-On:</i> <i>BP Clinic & Other Activities</i></p>	<p>Silver Harbour Centre 144 East 22nd Street, North Van. V7L 4L5</p> <p>9:30 - 10:30 Mild Exercise <i>BP Clinic & Other Activities</i> <i>(Previously Lynn Woods)</i></p>
<p>North Shore Neighbourhood House 225 East 2nd Street, North Van. V7L 1C4</p> <p>9:30 - 10:30 Mild Exercise <i>BP Clinic</i></p>		<p>Silver Harbour Centre 144 East 22nd Street North Van. V7L 4L5,</p> <p>9:30 - 10:30 Mild Exercise <i>BP Clinic</i></p>		
		<p>West Vancouver Kiwanis 959 21 Street West Van. V7V 4Y3</p> <p>9:30 – 10:30 Mild Exercise BP Clinic</p>		
<p>Delbrook Recreation Centre Arbutus Room 851 West Queens Road, North Van. V7N 4E3</p> <p>11:00 – 12:00 Mild Exercise <i>BP Clinic</i></p>		<p>West Vancouver Seniors' Activity Centre 695 – 21st Street, West Van. V7V 4A7</p> <p>11:15 – 12:00 Mild Exercise 12:00 – 12:45 <i>BP Clinic & Other Activities</i></p>		

• **Mild Exercise** – Strength, stamina, and balance exercises, standing and sitting, and using some equipment.

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Sponsors: Vancouver Coastal Health, PARC Retirement Living, GMR Foundation, City of North Vancouver Community Foundation, The District of North Vancouver, The District of West Vancouver, West Vancouver Foundation