Please Join Us

STRETCHING IN THE SUNSHINE

MAY 20TH AND JUNE 10TH AT 1PM ON BOTH DAYS

KIN COULEE PARK, MEDICINE HAT

THE STRETCHING WILL BE LED BY KRISTA OLSSON-CAMPBELL AND ASSISTED BY MARIA UNDSETH OF THE FAMILY YMCA OF MEDICINE HAT LIVING FIT PROGRAM.

THE DETAILS

- STICK AROUND FOR SOME LEMONADE AFTERWARDS!
- WE ASK THAT PEOPLE MEET US AT THE BAND SHELTER AND WE WILL FIND A SUNNY SPOT CLOSE BY.
- FAMILY AND FRIENDS OF ALL AGES WELCOME!

PLEASE RSVP BY MAY 18TH FOR WEEK ONE AND JUNE 8TH FOR WEEK TWO.

RSVP TO ANDREA.SCHULZ@SCI-AB.CA OR 403-504-4001

Spinal Cord Injury Alberta
Lésions Médullaires Alberta
Formerly Canadian Paraplegic Association (Alberta)