

**Hope Centre Health Care Inc.**

**240 Powers Street**

**204-589-8354**

**Chair Yoga Drumming**

**Every Fridays**

**Start: February 1 2019**

**11:30 a.m. - 12:00 p.m.**

**Stretch and Bike**

**Every Tuesdays**

**Start: February 5 2019**

**1:30 p.m. - 2:30 p.m.**