

# FREE physical activity program for women with limited incomes

## Join us to...

- Take a break from your busy day
- Energize yourself in the water and in the gym
- Learn tips to help you be healthier
- Socialize, get active and have fun!



## And there's more...

- ☆ Childminding
- ☆ Bus Tickets
- ☆ Prizes
- ☆ Healthy Snacks
- ☆ Health Talks
- ☆ Gently Used Running Shoes

## Registration Required-See below for program locations and start dates

**\*Must be a resident of Hamilton**

Visit [doitwell.ca](http://doitwell.ca) for more information or to register

| WHERE   | WHEN  | HOW TO REGISTER   |
|---|---|---|
| <b>YWCA Hamilton MacNab Street</b>  | <b>Woman Alive! 1</b><br>Orientation - January 12, 2012<br>Classes- January 17 - March 22, 2012<br>Tuesdays (AF) and Thursdays (A) from 10:30 am - 11:30 am<br><br><b>Woman Alive! 2-Chinese Language Series</b><br>Orientation- January 13, 2012<br>Classes begin- January 17 - March 22, 2012<br>Tuesdays (A) and Fridays (AF) from 1:30 pm - 2:30 pm | Call 905-522-9922 x 118   |
| <b>Dominic Agostino Riverdale Community Centre</b>                              | Registration- January 5, 2012 @ 9:30 am - 12:00 pm<br>Orientation- January 6, 2012 @ 10:00 am - 12:00 pm<br>Classes- January 9 2012<br>Mondays and Wednesdays (A) from 10:00 am - 11:00 am  | Register in person with Roo Seema from 9:30—noon<br>At Riverdale Community Centre.<br>(905) 546-2424 ext 1705 |
| <b>Boys and Girls Clubs of Hamilton</b>   | Orientation- January 10, 2012 at 1:00 pm<br>Classes- January 17 - March 27, 2012<br>Tuesdays (A) and Thursdays (AF) from 1:30 to 2:30 pm.   | Call 905-549-2814 x 230   |
| <b>Good Shepherd Angela's Place</b>   | Orientation- January 9, 2012<br>Classes begin- January 16 - March 26, 2012<br>Mondays @ 3:30—4:30 pm (A)<br>4:30—5:30 pm (N)  | Call (905) 549-4276   |
| <b>Immigrant Women Centre-Rebecca Site</b>                                      | Orientation- January 24, 2012<br>Classes begin- January 24 to April 10<br>Tuesdays and Thursdays - 3:30 - 4:30 pm   | Call (905)522-9676 x 221  |
| <b>Robert Land Community Association/ Eva Rothwell Resource Centre Location</b> | Orientation- January 9, 2012 at 12:30 pm - 1:30 pm<br>Classes begin- January 23 -April 4, 2012<br>Mondays and Wednesdays from 1:00 pm—2:00 pm   | Call (905) 526-1558 x 304   |



Boys & Girls Clubs of Hamilton  
A good place to be



Ontario St. Joseph's Healthcare & Hamilton

