



# Living Well

# Fall Events

All events are at TD Stadium

A sound mind in a sound body



## Yoga

- Reduce stress
- increase energy
- improve posture
- increased focus

Tuesdays 12:10 - 12:50pm  
 Sept 21 and 28th  
 Oct 5, 12,

## Music Coffee House

- improve mood
- improve sleep quality
- stimulate brain cells
- strengthen heart beat

Friday Oct 1, 12:00 - 1:00pm  
 Thursday Oct 14, 12:00 - 1:00pm



## Open Track

- boost your vitamin D
- improve mood
- reduce stress
- live longer

Drop in hours  
 Fridays 11:30 - 1:30  
 Sept 24, Oct 1, 8, 15, 22



[Register here](#)