## **COMMUNITY**Dufferin Community Centre to host second Walk and Talk presentation

The Dufferin Community Centre and Staying Alive Fitness sponsor Walk and Talk on Monday, March 9 at the Dufferin Rural Heritage Community Centre in Prospect Park, 30 Park St. in Acton. This month's topic is "Is yoga for you? Want to learn more?".

Come to Dufferin's regular Drop into Dufferin Morning Walking Program, 9 a.m. to noon and stay to enjoy the free presentation from local yoga instructor, Leanne Monaghan of Staying Alive Fitness, noon to 1 p.m. (come dressed to move). The presentation will include a Q & A session for any questions! Don't feel like walking...no prob-

lem, come and enjoy the "Talk" portion.

For the drop-in walking program, the cost is regularly \$2/adults (children are free), but on this special day, new participants can enter for free.

