

Downtown Stouffville



LIVE HEALTHY, MEET
NEW FRIENDS AND
HAVE FUN!

REGISTER NOW FOR
FALL PROGRAMS!

- Acrylic Painting
- Chair Yoga
- Computer Classes
- Gentle Pilates
- Line Dancing
- Mat Yoga
- Osteo Fit
- Stretch 'n' Core
- Scottish Country Dance
- Tai Chi Yang Style
- Watercolour Level 2
- Watercolour Painting

DROP-IN GAMES!

CAFÉ 55!

DINNERS OUT!

BUS TRIPS!

8 Park Drive South
905-640-1910, x.2955
www.stouffville55plus.ca

RENEW YOUR HEALTH

Renew
INTEGRATIVE HEALTH

1st hour

R.M.T. massage

Only \$54.99+ tax

We're Renew Integrative Health, Stouffville's optimal health clinic. Back to school season is upon us and we are offering a free information session for parents who are interested in the best natural health options for their kids!

Naturally Healthy Kids Information Session!

Join us at Renew on Saturday September 26th, 2015 at 3pm for an information session with Dr. Graham covering natural treatments to improve attention & learning, energy, allergies and the immune system to help your children feel their best this back-to-school season! Tips, freebies and a door-prize will be made available.

Please RSVP at **Facebook**: Renew-Integrative-Health@Facebook or call 905 591 5522 to reserve your seat. Book now as seats are limited!

6130 Main St, Stouffville, ON, L4A 1A6

T: 905.591.5522

F: 905.591.5533

E: info@renewintegrativehealth.com

www.renewintegrativehealth.com



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