

CEREBRAL PALSY ASSOCIATION OF BRITISH COLUMBIA



FREE
VICTORIA PROGRAMS



Adapted Yoga

This program provides a safe, calm environment for people with physical disabilities to practice meditative breathing and movement.

Where: Oaklands Community Centre, 2827 Belmont Ave #1, Victoria

When: Wednesdays, January 16 - March 13, 6 - 7 pm

This is a free program & drop-ins are welcome!

For more info and free registration, contact
programs@bccerebralpalsy.com or (604) 408-9484
Visit us @ www.bccerebralpalsy.com