



# Exercise Class for Mandarin Speaking Seniors



*ESS Seniors' Fitness Instructor Hong Liu*

Stay active and healthy even though you can't go to the gym or your normal community exercise class! Join ESS Seniors' Fitness Instructor Hong Liu on a group phone call as she leads you through a simple exercise routine that you can do at home.

**DATE:** Every Tuesday

**TIME:** 10:00 a.m.

**LOCATION:** From your home on the telephone

**To Register:**

Please leave a message at 416-243-0127 ext 271

*ESS Support Services is not-for-profit agency committed to supporting seniors in their desire to remain in their own homes and community.*

[www.esssupportservices.ca](http://www.esssupportservices.ca)