

# NIA WORKSHOP:

**(No Impact Aerobics)**

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**DATE:** Saturday, January 30<sup>th</sup>, 2010

**TIME:** 1:00 PM to 4:00 PM

**PLACE:** Room 308  
Saskatoon Community  
Service Village  
506-25<sup>th</sup> Street East

**COST:** No charge

**INSTRUCTED BY:** Rusty Dixon  
*from*  
*Oshun House*

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**Using movement, music and personal expression, this holistic exercise approach helps participants gain flexibility of movement.**

**Parking is available at the YWCA or Kinsmen Park. However, your vehicle will need to be moved every 2 hours to avoid receiving a parking ticket.**

**For further information, please tact:**



**HOPE Cancer Help Centre**

**Telephone: 955-4673**

**Email: [hopesaskatoon@saskatel.net](mailto:hopesaskatoon@saskatel.net)**

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