



Immigrant Women's Association of Manitoba, Inc.

***Working out does not have to be a chore!  
Let's have fun and stay healthy together!***

# **FREE AEROBIC CLASSES!!**



**Starting on Thursday, February 28th**

**3:00 pm – 4:00 pm**

**Call IWAM at (204) 414-9452 or email at [iwamanitoba@gmail.com](mailto:iwamanitoba@gmail.com)**

**To REGISTER!!**

**301-960 Portage Avenue  
Winnipeg, Manitoba R3C 0R4**