Yes! You are a Mall Mover!

MALL movers

Be Active, Social and Healthy

Be Active, Social and Healthy! All ages, all abilities welcome. Join us for a free strength and stretch class (once a week), and then enjoy a walk or wheel to start your day.

REGISTER NOW!
www.alcoa.ca
or call **1–800–549–9799**

Mall Movers meet weekdays in 6 malls:

Bridlewood Mall
Eglinton Square
Lawrence Square
East York Town Centre
JaneFinch Mall
Woodbine Centre

ALCOA Active Living Coalition for Older Adults
CVAA Coalition d'une vie active pour les aîné(e)s

HEART & STROKE FOUNDATION

TORONTO Public Health

Ontario Trillium Foundation
Fondation Trillium de l'Ontario
An agency of the Government of Ontario
Un organisme du gouvernement de l'Ontario
The Ontario Trillium Foundation is an agency of the Government of Ontario.

ParticipACTION

Western Canadian Centre for Activity and Aging

Older Adult Centre

HearingSolutions

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario
OACAO
The Voice of Older Adult Centres
La voix des centres pour aînés