



TEGSA IS HOSTING

Improving Your Health by Improving Your Posture

On Friday, September 25, 2015

Venue: Commander Recreation Centre, 140 Commander Blvd., Scarborough

6:00 PM Doors Open (Please bring change and purchase Bingo tickets and water before 7:00 p.m.)

6:30 PM Snacks

7:15 PM Presentation on Improving Your Posture by Dr. Tania Siqueira

8:15PM Fun time dancing

9:15 PM Bingo

Cost: Members \$5 per person Guests \$8.00 per person

To register please contact: Harriet D'Mello 416-499-4217

Please be considerate of our volunteer and call to register between the hours of 9:00 am and 8:00pm only. For catering purposes the cut-off date is Tuesday September 22, 2015. You are responsible for payment if you cancel after Tuesday, September 22, 2015 or do not show up on the day. Please let us know if you have any food allergies.

If you do not wish to receive further emails from TEGSA, please email Carol Fernandes at SSUSEGAD@GMAIL.COM

