

# Blood Pressure Clinics

## Esquimalt Recreation Centre

Tuesdays 1-3pm

Free!

2nd & 4th  
week of  
each month



Senior's lounge



Esquimalt Parks  
& Recreation

**Esquimalt Recreation Centre**

**527 Fraser St.**

**250.412.8500**

**[www.esquimalt.ca](http://www.esquimalt.ca)**



@EsquimaltRec

[esquimalt.ca/recreation](http://esquimalt.ca/recreation)

 **ESQUIMALT**  
PARKS + RECREATION