

Pain Self-Management Series & program sampler

Esquimalt Recreation Centre

Wednesdays 9:30am-12:00pm

Jan 25 - Feb 29

\$36



Including:

6-part workshop series

6 admission punchcard to your choice of the following:

OsteoFit, Stretch & Strengthen, Foundations (aquafit), wellness centre



Esquimalt Parks
& Recreation

Esquimalt Recreation Centre

527 Fraser St.

250.412.8500

www.esquimalt.ca



@EsquimaltRec

esquimalt.ca/recreation

 **ESQUIMALT**
PARKS + RECREATION