



**The Good Companions  
Seniors' Centre**  
*Supporting a Vibrant Community*

**Come join us for an Information Session  
and  
Introductory class:**



**Where: The Good Companions  
Instructor: Penny Lee Prévost  
When: Tuesday, May 29<sup>th</sup> 2018  
1—2pm**

Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul.

Nia is based on the intelligent design of the body. Each workout brings mindfulness to your dance movement experience leaving you energized, mentally clear, and emotionally balanced.

Nia cardio-dance workouts combine 52 simple moves with dance arts, martial arts, and healing arts to get you fit in 60 minutes - body, mind, emotion, and spirit.

Nia is non-impact, practiced barefoot, and adaptable to individual needs and abilities.

The Good Companions will be offering Nia classes  
this Summer!

**Space is limited.**

**Call or stop by Front Reception to register.**