

Are you interested
in **FREE** virtual
workouts?

Are you a parent /
guardian of a TDSB
student?

Family Virtual Workout

Join us:

- Tune in LIVE on Newcomer Services' Facebook page
- Sessions are 45 minutes total
- Two sessions a week:
 - Wednesday Evening 7:30-8:15pm
 - Saturday Morning 9:00-9:45am
- Workout includes:
 - Simple fundamental movements
 - Easy to follow, step by step and fun for the whole family
 - Encourages physical fitness with no equipment needed



tdsb Newcomer Services
**Welcoming
Communities**

Contact Us:

✉ welcoming@tdsb.on.ca

☎ 416 - 393 - 0288

🐦 [Welcome_TDSB](https://twitter.com/Welcome_TDSB)



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