



SELFLESS, SELF-CARE



LED BY YAHAIRA ([Dancing Heals](#)) FEATURING Dr. TOBA
FRIDAY, JANUARY 25, 2019

1-2 PM

SOUTH HEALTH CAMPUS YMCA

All AHS staff and friends are welcome to participate in this resident-led fundraiser for the Society for Treatment of Autism.

[Zumba](#) mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. [Yahaira](#) is committed to providing a mindful experience of non-judgement and welcomes *all-abilities* dancers and participants.

Society for Treatment of Autism is an Alberta-based charitable organization providing treatment, educational and consulting services for people with Autism Spectrum Disorder and their families

<http://www.autism.ca/>

Donations are also welcome online:

<https://www.canadahelps.org/en/dn/12702/> ("Selfless, Self-care")



Zumba involves energetic music and easy to follow steps for people of all fitness levels

PLEASE SIGN UP TO JOIN ON EVENTBRITE [HERE](#)

Please wear comfortable workout clothing and bring water, a sweat towel and socks/footwear

Donations to the Society for the Treatment of Autism are welcomed

PROMOTING SELF-CARE AND POSITIVE WORK CULTURE @ SHC

selfless.selfcare.canada@gmail.com