

RNAO Region 7 invites you to join us for an

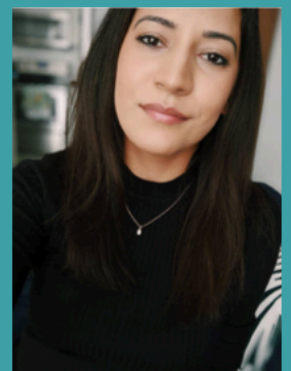
EVENING OF WELLNESS

With special guests:

Sydney Boyes, Certified Personal Trainer

~ and ~

Neelam, Toronto Public Health Nurse



7 pm to 8 pm / February 19, 2021

Welcoming members and non-members
to this free virtual event

Exciting door prizes to be won
Registration closes February 18, 2021
Zoom link will be shared following registration

<https://myrnao.ca/civicrm/event/info?reset=1&id=984>