

**June is Seniors Month!** Join VON and our amazing seniors as we celebrate what it means to be an age-friendly community. This energy-filled morning of movement and laughter will shine a bright light on healthy, active-aging initiatives in Windsor-Essex.

**VON SMART EXERCISE CLASS AND FLASH MOB EVENT**

**WHEN: FRIDAY JUNE 6TH**

**WHERE: DEVONSHIRE MALL IN FRONT OF HOT TOPIC (OLD FOOD COURT AREA)**

**PARKING: SOUTH ENTRANCE (URBAN PLANET)**

**TIMES:**

**EXERCISE CLASS - 9:15AM-10AM  
(MALL DOORS OPEN AT 9AM)**

**FLASH MOB - 10:15AM**

**EMAIL TO REGISTER: [CHALAINE.ALLISON@VON.CA](mailto:CHALAINE.ALLISON@VON.CA)**

**OR CALL: 226-345-2457**

**AGE WELL: *MOVE* TO BE STRONG!**

