



ISLAMIC FOUNDATION OF TORONTO

Presents

CIRCLE OF HOPE PROGRAM



YOUR WELL BEING IS OUR CONCERN

- Covid Management
- Mental Health
- Physical Health
- Inner Health

Location

**Islamic Foundation Gym
441 Nugget Avenue
Scarborough**

Registered participants

will be given priority

Tea & Snack / Nutrition Boxes

Time 2pm -4pm

WED. SEPT 23RD - GROUP A

WED. SEPT 30TH - GROUP B

Groups will alternate each week



United Way
Greater Toronto

To register contact: Sajeda Khan - 647-836-6264

Canada

