

Treat your mother to a *Mother's Day Fitness Retreat* *Get ready for Spring!*

Saturday, May 9, 2015 9AM - 4PM

The Children's Peace Theatre

305 Dawes Road

(near Victoria Park and Danforth Ave.)

Toronto, ON M4B 2E2



FOOD FOR ALL! (Vegan, vegetarian, meat lovers*)
All foods non-dairy, gluten-free, and lactose-free



Catering by
Keisha Luke

- Healthy smoothies
- Azontocize warm up
- Fun run/walk
- Healthy brunch
- Local entertainers
- Fitness lectures
- Healing Circle
- Prizes & raffles

Cost
\$25**

Wear
comfortable
clothing

*Halal option available if notice given in advance to linda@tubmancommunity.org before May 5th, 2015. RSVP meat or vegan/vegetarian option by May 5, 2015.

**Ticket price: \$25 each. Family pack of 4 tickets, only \$20 per ticket. Children under 10 free. Ticket sales help cover the cost of the event including food, venue, and staff.

Tickets: Harriet Tubman Community Organization

416-786-3992

ekua@tubmancommunity.org

www.tubmancommunity.org

1761 Sheppard Avenue East, 1/F

Toronto, Ontario, M2J 0A5

Eventbrite tickets: <http://goo.gl/FP6Bm6>

