

TRANSITIONS POP-UP

Laughter Yoga Hour with the March of Dimes LIFE Program!

Try a Virtual Transitions Pop-Up!



Who: Holland Bloorview **youth and alumni 16-30 years old.**

What: Free **virtual laughter yoga** with other Holland Bloorview clients, staff and youth from the LIFE Program. Participate in laughter yoga in a way that works for you!

Where: Virtual through Zoom

When: **Friday, May 22, 2020**
1:00pm – 2:00pm

Why: Have fun, be with others, and try something new from home!
Get to know March of Dimes LIFE Program for free.

How: **Register by Wednesday, May 20, 2020** by contacting:
Kelsey Bell
416-425-6220, ext. **3284**
kbell@hollandbloorview.ca



Brought to you in partnership with Holland Bloorview's [Transition Strategy](#) and [March of Dimes LIFE Program](#) Toronto.