



**CANADA
SERVICE
CORPS**

Canada 

 **SOCIAL PLANNING COUNCIL OF PEEL**

THRIVE: VOLUNTEERS FOR COMMUNITY HARMONY

Workshop Series

**Personal Growth and Physical
Health Workshop**

30 minute presentation

45 min HIIT Workout

**Bring a yoga mat and athletic
wear!**



Facilitator

Rahul Kambhampati



**FRIDAY, APRIL 4, 2025
5-6:30pm**



**ARYA SAEMAJ
405 WATLINE AVE, MISSISSAUGA
ON L4Z 1P3**



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REGISTER