

POSING FOR PINK PIERSIDE

TRU Recreation is teaming up with Royal Inland Hospital in support of Breast Cancer Awareness Month and thus offering a series of yoga poses pier-side at Riverside Park. All levels welcome.

Riverside Park – Pier

In the event of inclement weather - Heritage House at Riverside Park

Saturday Oct. 15, 2016

9:30 a.m. – Check-in

10 – 11 a.m. Yoga

Cost: By donation –

all proceeds will be donated to Royal Inland Hospital

Local food truck Eats Amoré will be on-site to purchase snacks.

tru.ca/recreation



THOMPSON
RIVERS
UNIVERSITY

