

## Don't miss - Musical Hearts - Oct 30 and CHAIR YOGA -12 week session 🗣️

1 message

Handi-Care Intl. <newsletter@handicareintl.org>  
Reply-To: us7-325c563de9-b839715b63@inbound.mailchimpapp.net  
To: Sulo Krishnamurthy <info@handicareintl.org>

Wed, Oct 27, 2021 at 3:33 AM

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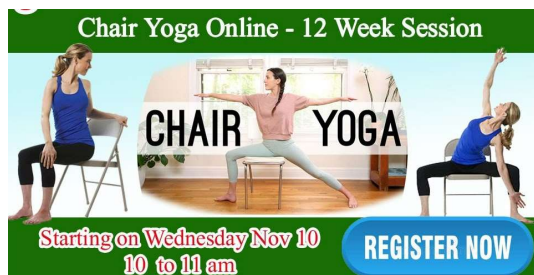


# Handi-Care Intl.

We Can Make A Difference

Registered Canadian Charity #BN 889046397RR0001

Newsletter 185 - October 25, 2021



Free Holistic Living Programs coming up!

**Dear Sulo Krishnamurthy,**

### Chair Yoga:

Join us for 12 weeks of online Chair Yoga starting from November 10, 2021, 10 AM - 11 AM EST with Sumi Ignatius & Susila Rajadurai. Both teachers have extensive experience in teaching yoga for seniors and others, who can not perform standard yoga on the floor mats. Both of them teach regularly in different centers. We are very excited to bring them on board for our Holistic Living programs. Please don't miss out on this great opportunity and register today, to secure your spots. Please visit [www.handicareintl.org](http://www.handicareintl.org) for more details

Please [register](#) in advance, to reserve your seats!

### Musical Hearts Show by JEEM BOOM BHA!

The favorite MUSICAL HEARTS show is back with bang! This time with 4 unique singers! So good they were last time, we decided to bring them back in a pack! Yes, the Non-stop Saturday Special Evening on October 30 will bring back your nostalgia, the memorable

songs we repeatedly listen to!

**No registration needed.** Click [HERE TO OPEN ZOOM MEETING](#)

Meeting ID 813 0193 7233

Password: FFF2020

***Please add our email addresses, [newsletter@handicareintl.org](mailto:newsletter@handicareintl.org), and [communication@handicareintl.org](mailto:communication@handicareintl.org), phone number, 647-853-4419 to your contact list so our emails/messages can reach your inbox.***

Thank you!

Warm Regards,

Handi-Care Intl. Team



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Handi-Care Intl. Registered Canadian Charity #BN889046397RR0001

[www.handicareintl.org](http://www.handicareintl.org)

**Our mailing address is:**

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