

# **FREE AS PART OF THE LAUNCH OF THE GANANOQUE SENIORS ASSOCIATION**



**MELT METHOD CLASSES  
THURSDAYS, 1-3 PM  
INSTRUCTOR GLORIA LAUX  
Starting Feb 9, 2023 – 8 weeks**

**MELT** helps to address a host of middle-age complaints: chronic pain, aching joints, weight gain, stress, wrinkles, digestive problems, low energy and insomnia.

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## **CONVERSATIONAL FRENCH LANGUAGE FRIDAYS, 10AM TO 12 PM**

Conversational French with Nicole Tyo  
Starting, **February 10<sup>th</sup>** for 8 weeks

**Conversational French course** will be offered by a retired qualified French language teacher who has several years of experience teaching all ages from junior kindergarten to post secondary students. Come learn some commonly used words and sentences to better communicate in French through activities, role playing and of course, lots of laughs.



**Registration Not Required - Both classes held at  
Grace United Church, 120 Pine St., Gananoque**