



International Women of Saskatoon (IWS)



Online Just4Women Program

FREE Social Connection, Skills Development & Fitness Sessions

for Newcomer Women!

Weekly Program Sessions:

Drop-In EAL Classes for Women Only (CLB 2-4)	Fit4Life (Newcomer Women in Motion)	WomenConnect
Thursdays 10 am—11:30 am	Fridays 10 am—11:30 am	Fridays 1 pm—2:30 pm
Drop-In English as an Additional Language (EAL) Classes	<ul style="list-style-type: none">• 30 minutes Fitness Classes• 1 hour Conversation Circle about Health and Wellness	<ul style="list-style-type: none">• Interactive sessions to discuss important topics relating to women• Participants are welcome to share their life experience

These classes are open to newcomer, immigrant and refugee women in Canada

International Women of Saskatoon (IWS)

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Program Funded By:

