



Laurentian Valley
50+ Fit and Feisty

460 Witt Rd,
Pembroke ON K8A 6W5
Website: lv50fitandfeisty.ca
Email/E-transfer: fitandfeisty50@gmail.com
Facebook: Laurentian Valley 50+ Fit and Feisty

Sign Up for Events, Programs, Activities and Trip Policy

Members are eligible to register for events, programs, activities and trips if they are a registered member as of the day prior to when the event was advertised.

Anyone who was not a member on the day prior to when the event was advertised must wait 48 hours after the event registration opens to register.

Inspiring a Zest for Life!