

Community Care

Northumberland

is pleased to announce
a **FREE Falls Prevention Program.**

(This is a group session that will focus on various exercise routines to
reduce falls in seniors)

About this Program:

- 12 week course, twice a week for 1 hour
- 1/2 education (trip, hazards, lighting, medications)
- 1/2 Exercise
- **Pre- Registration is required**



Tuesdays and Fridays

Tuesdays: 3:00-4:00

Fridays: 11:30-12:30

St. Peter's Church—240 Church Street

**To register for this Falls Prevention Program, please contact
Northumberland Family Health Team
289-252-2139**



Classes facilitated by Theo Barker, Physiotherapist

