

Community Care

Northumberland

is pleased to announce a **FREE Exercise Program** for Seniors in Cobourg.

About this Program:

- Working on strength
- Working on balance
- Approximately 45 minute sessions
- Classes are on –going



Tuesdays and Fridays

Tuesday: 2:15 –3:00

Friday: 10:45-11:30

St. Peter's Church—240 College Street

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



Classes facilitated by Theo Barker, Physiotherapist

