

Northumberland

Family Health Team

Northumberland Mall, Unit 10

1111 Elgin Street West

Cobourg ON K9A 5H7

# Exercise is Medicine



**Find out why Exercise should be the #1  
Prescription for Many Chronic Conditions.**

- ⇒ 4 week series on the benefits of Physical Activity on Health and Wellness
- ⇒ Participate in Guided Exercise (Optional)
- ⇒ Informative for ANYONE, from Beginners to Exercise Enthusiasts
- ⇒ Start the New Year on the Right Foot!!

**Date:** Tuesdays, Jan 9th, 16th, 23rd, 30th

**Time:** 5:30pm—7:00pm

**Location:** Northumberland FHT

**TO REGISTER**

Call 289-252-2139

Email [info@nfht.ca](mailto:info@nfht.ca)