

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
- ⇒ Time to SPRING into action!

Date: Wednesdays, May 2, 9, 16, 23

Time: 5:30pm—7:00pm

Location: Northumberland FHT

TO REGISTER

Call 289-252-2139

Email info@nfht.ca