

FREE "BALANCE & STRETCH CLASSES" FALLS PREVENTION FOR SENIORS 65+ ** ALL LEVELS OF ABILITY **

SUPPORTED BY EAST PARRY SOUND COMMUNITY SUPPORT SERVICES
IN COLLABORATION WITH STAY ON YOUR FEET NORTH BAY PARRY SOUND DISTRICT HEALTH UNIT
& NORTH EAST LOCAL HEALTH INTEGRATION NETWORK

SOUTH RIVER



FRIENDLY CIRCLE SENIOR CENTRE – 10 ISABELLA STREET, SOUTH RIVER ON
THURSDAYS 11 AM-NOON *BEGINNING NOVEMBER 1ST
CLASSES BY HEIDI SCOTT PERSONAL TRAINER/REG. MASSAGE THERAPIST

BURK'S FALLS



BURK'S FALLS ARENA (UPSTAIRS) - 220 CENTRE STREET, BURK'S FALLS ON
THURSDAYS 10-11 AM *ALREADY IN SESSION
2ND TIME SLOT ADDED DUE TO POPULARITY – 11 AM-NOON
STARTING OCTOBER 25TH
CLASSES BY HEATHER HODGSON CERTIFIED CYA-RYT YOGA INSTRUCTOR

NO REGISTRATION REQUIRED – JUST SHOW UP & HAVE FUN ☺

All levels of capability are welcome – as modifications can be made for everyone
FOR INQUIRIES ON THE CLASSES, CONTACT EAST PARRY SOUND COMMUNITY SUPPORT SERVICES
705-724-6028 OR 1-888-521-0000

