

Community Care

Northumberland

is pleased to announce a **FREE Exercise Program** for Seniors throughout Northumberland County.

About this Program:

- Working on strength
- Working on balance
- Approximately one hour session
- Classes are on –going



Locations, Days and Times

Cobourg—Marketing Building, 201 Second Street, Cobourg—Tuesday and Thursday—10:30

To register, please contact the Northumberland Family Health Team—289-252-2139

Colborne—Keeler Centre, 80 Division Street, Colborne—Tuesday and Thursday-10:00

To register, please contact CCN-Colborne Office—905-355-2989

Hastings—94 Victoria Street, Hastings-Wednesday and Friday-10:00

To register, please contact CCN-Hastings Office-705-696-3891

Port Hope—Port Hope Community Health Centre, Port Hope-Wednesday and Friday-3:00

To register, please contact the Port Hope Community Health Centre-905-885-2626

Campbellford—Island Park Retirement, 18 Trent Drive, Campbellford-Tuesday and Thursday-3:00

To register, please contact CCN-Trent Hills Office-705-653-1411

