

Community Care

Northumberland

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

(This is a group session that will focus on various exercise routines to reduce falls in seniors)

About this Program:

- 12 week course, twice a week for 1 hour
- 1/2 education (trip, hazards, lighting, medications)
- 1/2 Exercise
- Pre-Registration is required



Locations, Days and Times

Cobourg—Marketing Building, 201 Second Street, Cobourg—Tuesday and Thursday—11:30

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

Colborne—Keeler Centre, 80 Division Street, Colborne—Tuesday and Thursday-9:00

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

Hastings—94 Victoria Street, Hastings-Wednesday and Friday-9:00

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

Port Hope—Port Hope Community Health Centre, Port Hope-Wednesday and Friday-11:00

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

