

Fit,
Fun &
Fully
Alive

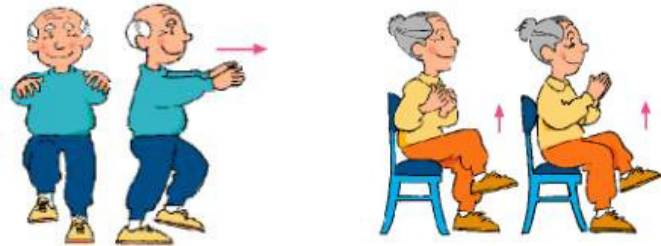


Fitness Classes

(For Older Adults)

Most classes start
Sept. 6th!

Call 582-3685
for a class
schedule
or more
information.



For those new to the classes:

Please come 30 minutes before class starts.

All participants, please bring:

1. running shoes
2. a list of your current medications and doses
3. water
4. a friend
5. your smile!



(Instructors Certified through the
Canadian Centre for Activity & Aging)

Download registration forms on-line:

<http://www.wbchc.on.ca/ProgramsServices/ffa.htm>

Please bring completed forms to the first class.



Another Community Program from
Whitewater Bromley Community Health Centre Satellite



Every One Matters.