



Free Exercise Program for Seniors!

The Northern Health Region is offering a exercise program for
all seniors wanting to take
action in preventing falls and improving their balance

REGISTRATION REQUIRED as Space is Limited



Benefits Include

- Build up your strength to prevent falls
- Prevent or postpone disability & disease
- Help maintain or improve flexibility, balance & coordination
 - Group fun!

WHEN: May 2nd to September 26th, 2019

TIME: 2pm to 3pm

**WHERE: Flin Flon Community Hall Seniors Room
2 Classes a Week**

Program Calendars Available upon Registration

Call Kara at (204) 687-9350 to Register