



# 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 1st to September 25th, 2019**

**TIME: 1pm to 2pm**

**WHERE: Northern View Lodge**

**2 to 3 Classes a Week**

**Program Calendars Available upon Registration**

**Call Sharon at (204) 623-9659 to Register**