



For immediate release

**F.A.C.E.S – A Community Care Northumberland Project**

September 11<sup>th</sup>, 2017 (Trent Hills)

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After successfully piloting new Wellness programs; Community Care Northumberland (CCN) is pleased to announce that it will be operating F.A.C.E.S. (Fitness, Art, Culinary for Everyone Series) throughout the Municipality of Trent Hills starting in the Fall of 2017.

This new series of classes in Trent Hills was funded in part by the Government of Canada's New Horizons for Seniors Program. The program supports projects that promote social interaction and healthy lifestyles among community seniors.

This F.A.C.E.S. project is designed with seniors in mind however all fitness, art and culinary classes and workshops are open to the general public.

"By implementing this new programming we are encouraging seniors participation and promoting their healthy and active lifestyles so that they can remain in their own homes and in their own communities longer," said Trish Baird – Executive Director of CCN. "This proposed programming directly responds to New Horizon's objectives of supporting social participation and inclusion of seniors and fits into our desire to develop new wellness programming that interests both early retirees as well as the older adults.

"The Government of Canada is proud to support the Community Care Northumberland Inc. through the New Horizons for Seniors Program," said the Honourable Jean-Yves Duclos, Minister of Families, Children and Social Development. "CCN's inspiring FACES project is helping make it possible for local seniors to participate in recreational activities, keep fit and enjoy the companionship of their peers in a friendly setting conducive to learning."

The F.A.C.E.S program will use local resources such as artists, fitness experts, or local chefs to share their interests and expertise with registered participants.

**Space is limited; please pre-register in person, by phone or e-mail:**

- In Person: At all Community Care Northumberland's office in Trent Hills (Campbellford, Warkworth or Hastings)
- By phone: (705) 653-1411
- By email: [campbellford@commcare.ca](mailto:campbellford@commcare.ca)

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