

Community Care

Northumberland

TRENT HILLS – F.A.C.E.S (Fitness, Art, Culinary for Everyone Series)



GENTLE YOGA

Participants will have the option to use a chair or a mat in this class. Improve your strength, flexibility, mobility and utilizing breath to leave you feeling relaxed and re-energized. This class is specially adapted for seniors (55+) at any level of fitness and health.

WARKWORTH

Mondays: 10:00am to 10:45am

Date: October 23 to December 11, 2017

Fee: \$32 (8 Classes)

Location: Warkworth Masonic Hall

County Road 29, Warkworth

Space is limited, please pre-register in person, by phone or email:

In Person: CCN office 174 Oliver Road, Campbellford

By Phone: 705-653 1411

By E-mail: g.ellis@commcare.ca

This project is funded by
the Government of Canada.

Canada 

Website: <http://www.commcare.ca/wellness.html>