

Community Care

Northumberland

is pleased to announce a **FREE Falls Prevention Program** for Seniors throughout Northumberland County.

About this Program:

- twice a week for 1 hour
- 1/2 Education (trip, hazards, lighting, medications)
- 1/2 Exercise



Locations, Days and Times

Cobourg—**St. Peter's Church**, 240 College Street—Tuesday at 3:00 and Friday at 2:00

Legion Village, 111 Hibernia Street - Wednesday and Friday - 3:30

Halcyon Place, 580 Courthouse Road - Monday @2:15 & Wednesday @11:30

To register, please contact CCN-Cobourg Office-905-372-7356

Colborne—**Keeler Centre**, 80 Division Street -Tuesday and Thursday—9:15

To register, please contact CCN-Colborne Office- 905-355-2989

Hastings—94 Victoria Street-Tuesday and Thursday-11:00

To register, please contact CCN-Hastings Office-705-696-3891

Warkworth—Mill Creek Manor - Tuesday and Thursday—12:00

To register, please contact CCN-Campbellford-705-653-1411

Port Hope—**Port Hope CHC**, 99 Toronto Road- Monday and Wednesday - 2:15

To register, please contact the Port Hope Community Health Centre-905-885-2626

Anytime Fitness, 137 Toronto Rd -Tuesday and Thursday-2:30

To register, please contact CCN-Port Hope Office-905-885-9860

Campbellord—**Campbellford Memorial Hospital**, 146 Oliver Road-Tuesday and Thursday-1:30

To register, please contact the Campbellford Memorial Hospital-705-653-1140 x2216

Bewdley-Bewdley Community Centre, 7060 Lake Street-Monday and Thursday-1:00

To register, please contact CCN-Cobourg Office-905-372-7356

