

Community Care

Northumberland

is pleased to announce a **FREE Exercise Program**

About this Program:

- Working on strength
- Working on balance
- Approximately one hour session
- Classes are on –going



Locations, Days and Times

Cobourg—St. Peter’s Church, 240 College Street—Tuesday at 2:15 and Friday at 1:00

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-9:00

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

Port Hope—Port Hope CHC, 99 Toronto Rd—Monday and Wednesday -9:00

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

Anytime Fitness, 137 Toronto Rd.—Monday and Thursday-11:15

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

Campbellford—Island Park Retirement, 18 Trent Drive—Mon-Wed-Fri-9:00 & Tues-Thurs-10:00

Multicare Lodge, 174 Oliver Road—Mon-Wed-Fri—10:30 & Tues-Thurs—11:00

New Start Fitness, 89 Front Street, South—Tuesday and Friday—10:30

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

To register, please contact CCN-Trent Hills Office 705-653-1411

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

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

