

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, Cobourg—Tuesday at 2:45 and Friday at 1:45

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

Halcyon Place, 580 Courthouse Road, Cobourg - Tuesday and Thursday - 3:30

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

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

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

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

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

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

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

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

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

Anytime Fitness, 115 Toronto Rd, Port Hope—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, Bewdley-Monday and Thursday-1:00

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

