

Community Care

Northumberland



STRETCH & STRENGTHEN

Join this class to lengthen and strengthen your muscles and increase your range of motion. This class would benefit anyone new to fitness or looking for some rehabilitation fitness. This class can be done using bands and has the option of adding a chair. Using a chair to stretch provides accessibility for those who need to remain sitting during their program but also provides stability for deeper stretching. This class will use therabands adding resistance training which will also increase metabolic rates long after the workout is over. Join us and “get fit” while also enhancing balance and function for daily life.

CAMPBELLFORD

Mondays: 11:00am to 12:00pm
Date: September 10 - December 10, 2018
Fee: \$65 13weeks (no class Oct 8)

Location: Forrest Dennis Seniors Centre
55 Grand Road, Campbellford
Instructor: Anne Newman

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

Space is limited, pre-register
Office Hours
Monday - Friday 8:30am-4pm
174 Oliver Rd. Campbellford
www.commcare.ca



Wellness Coordinator
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