

# Free Movement



## FREE DANCE PROGRAM

*Focused on inspiring strong and creative movement among seniors of all abilities. This low impact dance class is to promote great mobility, self confidence and physical awareness.*

*No experience necessary, come and boogie with us!*

**Community Care**  
Northumberland



Kay  
Stafford Fund  
TRENTON MEMORIAL HOSPITAL FOUNDATION

**King Edward Park Arena Community Centre • 75 Elizabeth St • Brighton**  
**Mondays 10:30am - 11:30am**  
**September 17-December 17, 2018 (no class October 8<sup>th</sup>) 13 weeks**

**Community Care Northumberland**  
**46 Prince Edward St. Unit 13 Brighton**  
**613-475 4190      g.ellis@commcare.ca**  
**www.commcare.ca**

**REGISTER  
TODAY!**