

Free Falls Prevention Classes for Seniors in Northumberland County



We have organized free falls prevention classes for seniors throughout Northumberland County. Our classes are designed to work on strength and balance for seniors. These classes also include an educational component designed to help you decrease the negative effects and potential injuries associated with falls and near falls. Led by trained health care professionals selected by us, you will be asked to complete a screening questionnaire to help ensure your safety. Please find below scheduled dates and times as of November, 1st, 2017. Please call our local office to ensure dates have not changed.

Community	Location	Dates	Time	Contact	Class # and Notes
Bewdley	Bewdley Community Centre	Mondays, Thursdays	1:00 pm – 2:00 pm	Tammy (905)372-7356	FP1
Campbellford	Campbellford Memorial Hospital	Tuesdays, Thursdays	1:30 pm – 2:30 pm	Linda R. (705)653-1411	FP4
Cobourg	St. Peter's Church	Tuesdays Fridays	3:00 pm - 4:00 pm 11:30 am – 12:30 pm	Tammy (905)372-7356	FP6 a/b- Registrations can also be taken by the Northumberland Family Health Team – (289) 252-2139.
Cobourg	Halcyon Place	Tuesdays, Thursdays	3:30 pm 4:00 pm	Tammy (905)372-7356	FP9
Cobourg	Legion Village	Wednesdays Fridays	3:30 pm – 4:30 pm	Tammy (905)372-7356	FP12b
Colborne	Keeler Centre	Tuesdays, Thursdays	9:00am-10:00 am	Maretta (905)355-2989	FP13
Hastings	Hastings Senior's Apartments	Tuesdays, Thursdays	11:00 am –12:00 pm	Sarah (705)696-3891	FP14
Port Hope	Port Hope Community Health Centre	Mondays Wednesdays	2:00 pm – 3:00 pm	Patricia (905)885-9860	FP17
Port Hope	Anytime Fitness	Tuesdays, Thursdays	2:30 pm – 3:30 pm	Patricia (905)885-9860	FP20
Warkworth	Mill Creek Manor	Tuesdays Thursdays	3:30pm-4:30pm	Linda R (705)875-7654	FP21

Program Funded by:



Background [Information](#) About This Funding.



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