

Community Care

Northumberland

TRENT HILLS – F.A.C.E.S (Fitness, Art, Culinary for Everyone Series)



GENTLE YOGA

Participants will have the option to use a chair or a mat in this class. Improve your strength, flexibility, mobility and utilizing breath to leave you feeling relaxed and re-energized. This class is specially adapted for seniors (55+) at any level of fitness and health.

Two Locations:

WARKWORTH

Mondays: 10:00am to 10:45am
Date: January 22 to March 27, 2018
Fee: \$36 (9 Classes – No class February 19, 2018)
Location: Warkworth Masonic Hall
County Road 29, Warkworth

CAMPBELLFORD

Tuesdays: 9:15am to 10:00am
Date: January 23 to March 28, 2018
Fee: \$40 (10 Classes)
Location: Forrest Dennis Seniors Centre
55 Grand Road, Campbellford

Space is limited, please pre-register in person, by phone or email:

In Person: CCN office 174 Oliver Road, Campbellford

By Phone: 705-653 1411

By E-mail: g.ellis@commcare.ca

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