

# Community Care Northumberland

is pleased to announce a **FREE Exercise Program**

## About this Program:

- Working on strength
- Working on balance
- Approximately one hour session
- Classes are on –going



## Locations, Days and Times

**Cobourg—St. Peter’s Church**, 240 College Street, Cobourg—Tuesday at 2:00 and Friday at 1:00

To register, please contact the Northumberland Family Health Team—289-252-2139

**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-9:00

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

**Port Hope—Port Hope Community Health Centre**, Port Hope-Monday and Wednesday -9:00

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

**Anytime Fitness**, 115 Toronto Rd., Port Hope—Monday and Thursday-11:15

To register, please contact CCN-Port Hope Office 905-885-9860

**Campbellford—Island Park Retirement**, 18 Trent Drive, Campbellford—Mon-Wed-Fri-9:00

**Multicare Lodge**, 174 Oliver Road, Campbellford-Monday, Wednesday and Friday-11:00

**New Start Fitness**, 50 Front Street, Campbellford—Tuesday and Friday—10:30

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

To register, please contact CCN-Trent Hills Office 705-653-1411

**Bewdley—Bewdley Community Centre**, 7060 Lake Street, Bewdley-Monday and Thursday—1:00

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

