



**Community & Primary Health Care**  
*Making A Difference In Your Community*



# Fall Prevention Program

## CLASS SCHEDULE



- Heart Wise Exercise Location with on-site Automated External Defibrillator (AED)

### SENIORS FALL PREVENTION CLASSES

(All Classes are Free)

Classes Run for 12 Consecutive Weeks

Community	Location	Date	Time
Brockville	Brockville Legion Hall	Monday & Wednesday	11:30 a.m.—12:30
Gananoque	Stocking Hill	Tuesday & Thursday	10:00 a.m.-11:00
Newboro	Newboro United Church	Monday & Wednesday	10:00 a.m.-11:00
Perth	St. Paul's United Church	Wednesday & Friday	12:00 -1:00 p.m
Prescott	Prescott Medical Centre	Monday & Wednesday	9:00—10:00 p.m.
Toledo	Toledo Legion Hall	Tuesday & Thursday	10:00 a.m-11:00

### CLASSES STARTING THE WEEK OF January 11, 2016

FOR ADDITIONAL INFORMATION PLEASE CONTACT HEATHER MILLER AT

TEL: 613-257-3296 EXT. 2301 or 1-800-465-7646 EXT. 2301

Classes are open to men and women 65+ years of age. Classes are geared towards personal ability, and include functional exercises. This program meets specific Heart Wise Exercise standards designated by the University of Ottawa Heart Institute. No experience required.

**Instructors certified through the Canadian Centre for Activity & Aging**