



NorWest Community
Health Centres
Centres de santé
communautaire NorWest

Supported by:



GREY HARES

Seniors' Fitness Program

A fitness program for **ALL** seniors
of **ALL** fitness levels



Join us for low impact exercise;
Walking, spot work, gentle stretches and muscle strengthening.

THURSDAY AFTERNOONS AT 12:30 PM

**AT THE OGDEN COMMUNITY CENTRE
IN THE RAINBOW ROOM**



Weekly program – No Charge
* With Support/assistance, participants in wheelchairs are welcome*



If you have any questions, please call Debbie Ward
at 622-8235 ext.2285