



Community Exercise Program – For Seniors 65+

FOUR types of exercises:

- 1) Endurance – improve health of the heart and circulatory system
- 2) Strengthening – build muscle tissue and reduce age-related muscle loss
- 3) Stretching – keep body limber and flexible
- 4) Balance – reduce chances of a fall



January, 2017

Diabetes Education Program: Regent Park Community Health Centre
409 Parliament Street

Program Dates

Time

Tuesdays

1:00 – 2:00 p.m.

Everyone is welcome!!

- Drop-in program.
- Free of charge and can join multiple classes.
- Space is limited at some classes and registration is required.
- Please bring your Health Card at time of registration. If you do not have a health card, you may still register for the program.

