



# SENIORS' EXERCISE - MAITLAND

Exercise Classes include cardiovascular activity, strength training, flexibility and balance training designed specifically for older adults.

**For more information or to register,** please call Heather Miller at 1-800-465-7646 Extension 2301 OR 613-257-3296 Extension 2301



2235 Parkedale Avenue  
Brockville, Ontario K6V 6B2

[www.cphcare.ca](http://www.cphcare.ca)

FREE EXERCISE  
CLASSES FOR  
SENIORS

---

STARTING  
JANUARY 9, 2017

---

MERC HALL

---

Monday  
1:00 p.m. -2:00

---

STAY HEALTHY,  
ENERGETIC AND  
INDEPENDENT

---

CPHC Seniors' Exercise  
Instructors are certified by  
the Canadian Centre of  
Activity and Aging (CCAA)