



Community & Primary Health Care
Making A Difference In Your Community



Seniors Exercise Program



CLASS SCHEDULE



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

Community	Location	Date	Time
Brockville	St. Lawrence Anglican Church	Monday	10:00 - 11:00 a.m.
Brockville	Highway Pentecostal Church	Monday	1:00 - 2:00 p.m.
Prescott	Prescott Medical Centre	Monday	10:30 - 11:30 a.m.
Bolingbroke	ABC Community Hall	Monday	10:00 - 11:00 a.m.
Lyndhurst	Lyndhurst Legion Hall	Monday	10:00 - 11:00 a.m.
Smiths Falls	Smiths Falls Senior Centre	Monday & Friday	10:00 - 11:00 a.m.
Perth	Perth Legion Hall	Monday & Friday	9:30 - 10:30 a.m.
Perth	Perth Civitan Hall	Monday Tuesday & Thursday	9:45 - 10:45 a.m. 9:30 - 10:30 a.m.
Elgin	Elgin Community Centre	Tuesday	10:00 - 11:00 a.m.
Kemptville	Kemptville Pentecostal Church	Tuesday	10:00 - 11:00 a.m.
Athens	Joshua Bates Centre	Wednesday	10:00 - 11:00 a.m.
Westport	North Crosby Hall	Wednesday	9:45 - 10:45 a.m.
Spencerville	St. Andrews Church	Wednesday	10:00 - 11:00 a.m.
Carleton Place	Carleton Place Legion Hall	Thursday	9:30 - 10:30 a.m.
Portland	Portland Community Hall	Thursday	10:00 - 11:00 a.m.
Lansdowne	Lansdowne Community Building	Thursday	1:00 - 2:00 p.m.
Gananoque	Recreation Centre	Friday	10:00 - 11:00 a.m.

Instructors certified through the Canadian Centre for Activity & Aging (CCAA), University of Western Ontario

Classes are open to men and women 50+ 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.

For more information, please call **Vivienne Fotheringham, CPHC Seniors' Exercise Program Manager, 613-342-3693 ext. 318 or 1-800-465-7646 ext. 318. www.cphcare.ca**

"Partners for a Safe and Healthy Community"
A Member Agency of United Way