



COMMUNITY CARE
FOR CENTRAL HASTINGS

LOW IMPACT EXERCISE

**For seniors and adults with physical
disabilities**

Friendly Active Living

Wednesdays 10:30^{am}

167 ST. Lawrence St E

**If you would like to participate in the class please
contact Community Care for Central Hastings**

613-473-9009 opt. 4

In Partnership with

TIMBER TRAILS
Retirement Residence
