

**Making the most of
your life through
active living...**

**We provide multiple
activities for our clients,
designed specifically to
promote ongoing mental
and physical wellness.**

**We proudly support
Adults with disabilities
(18+) and Seniors (55+).**

**Our goal is to support
each of our clients to
maintain a healthy ,
active and socially
connected quality of life.**

**Haliburton Highlands Health Services
www.hhhs.ca**

Tel: 705 457 2941

Social Recreation Activities

- Balanced Fitness

Chair Yoga

Chair Fitness

Supported Exercise

- Falls Prevention Program
- Drop-In programming
- Special events and projects
- Health Education workshops



**Community Support Services
7185 Gelert Rd, PO Box 956
Haliburton , ON, K0M 1S0
www.hhhs.ca
Phone: 705 457 2941
Fax: 705 457 5077**

Social Recreation Community Support Services



Leaders in Innovative Rural Health Care

Making Community Matter



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How do I sign up?

- Community Support Services
705 457 2941 or
1 855 285 2944
- Call our Social Recreation Coordinator to discuss the activities you are interested in and how to sign up for a location/ activity nearest you

What else do I need to know?

- Activities are offered in Minden, Haliburton and Wilberforce
- All programs are free

The benefits of Social Recreation...

Social Recreation activities are a must to living a longer, independent and healthier life! Connecting with others and being a part of your community can help you live longer, feel better, think a little more clearly and have more energy.



How we make a difference...

"I can't imagine our life without the Diner's Clubs. Each month my wife and I look forward to attending the 6 community lunches, where we get to visit with friends and enjoy a lovely meal. It keeps us connected and gives us something to look forward to each week!"



Improve your health and wellness and live the best life possible, by participating in our Social Recreation programs today.

705 457 2941