



FREE Balanced Fitness Classes

Open to All Seniors

Community Support Services

PLEASE DROP IN, we would love to see you...

Classes currently running:

- Minden—Hyland Crest/Auditorium - Friday - 10:30 am
 - Wilberforce— Royal Canadian Legion - 2nd and 4th Thursday of the month 10:30am
 - Zoom—Tuesday 10:30 am
- ♦ We are also offering Active Social Seniors in Minden, Wednesdays 10:30am in the Auditorium at Highland Crest



"These EXERCISE classes maintain my HEALTH and joy for life"

Community Support Services

7185 Gelert Road, P.O. Box 956, Haliburton, ON K0M 1S0

Tel 705-457-2941 (toll free) 1-855-285-2944 x 2932

Email: info@hhhs.ca

www.hhhs.ca