



Lets Get Moving!

(a Falls Prevention Program)

FREE and IN-PERSON

Community Programs

When: July 10 2023 to September 29, 2023

Monday afternoons & Friday mornings for 12 weeks

Monday: 1-2pm

Friday: 11am-12pm

Where:

Echo Hills Legion Apartments

13 Independence St.

Haliburton ON K0M 1S0

The Details:



This program is designed to help people build awareness of factors that increase the risk of falls, increase physical activity (particularly with strength and balance), and connect others to individuals who experience similar concerns.

Please note: Each class is one hour and will incorporate both education and balance retraining. Registration and assessment by the occupational therapist is required prior to start of class.

To register, please contact Community Support Services

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

Tel: Toll Free: 1-855-285-2944 or 705-457-1392, Ext. 2928

Email: arussell@hhhs.ca

www.hhhs.ca



Lets Get Moving!

(a Falls Prevention Program)

FREE and IN-PERSON

Community Programs

When: July 10 2023 to September 29, 2023

Monday & Friday mornings for 12 weeks

9:30-10:30am

Where:

The Gardens of Haliburton

1 Sunnyside Street

Haliburton, ON. K0M 1S0

The Details:



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