



FREE Balanced Fitness & Active Social Seniors Classes

Open to All Seniors

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

Classes currently running:

Minden—Hyland Crest/Auditorium - Every Wednesday & Friday - 9:30 am
and 11am

Wilberforce— Royal Canadian Legion - 2nd and 4th Thursday of the
month 10:30am

Haliburton— Haliburton Royal Canadian Legion 2nd and 4th Tuesday of
the month 10:00 am

Zoom—Tuesday & Friday at 11am Link available by request

Call Georgia to register today!

"These senior exercise classes keep me aging in place at home"

Community Support Services

P.O. Box 956, Haliburton, ON K0M 1S0

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

www.hhhs.ca

gshank@hhhs.ca