




Exercise, Falls Prevention & Wellness Programs

IN-PERSON SESSIONS – April 4-30, 2022

| Buckhorn | | |
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| For Information Contact (re: weather cancelations, etc.): Community Care in Buckhorn: 705-657-2171 | | |
| CLASS & INSTRUCTOR | SETTING | DAY & TIME |
|  Bodies in Balance <div style="text-align: right;">Jodie Mulder</div> <p>Level ** Strength, conditioning and balance exercises that will lead to improved overall balance and stability, ultimately reducing the risk of future falling.</p> | Buckhorn Community Centre 1782 Lakehurst Road | Monday: 12:45 – 1:15 p.m. |
|  Mindful Moves <div style="text-align: right;">Jodie Mulder</div> <p>Level * Gentle movement flows, breathing and other mindfulness practices to reduce stress and anxiety.</p> | Buckhorn Community Centre 1782 Lakehurst Road Also offered by Zoom | Monday: 1:30 – 2:00 p.m. |
|  Zumba Gold <div style="text-align: right;">Jasmine Murray</div> <p>Level *** Enjoy great music as you get fit dancing. Chair options available.</p> | Buckhorn Community Centre, West Room 1782 Lakehurst Road | Thursday: 1:30 – 2:30 p.m. |