




Exercise, Falls Prevention & Wellness Programs

IN-PERSON SESSIONS – April 4-30, 2022

Buckhorn

For Information Contact (re: weather cancelations, etc.): Community Care in Buckhorn:
705-657-2171

CLASS & INSTRUCTOR	SETTING	DAY & TIME
 Bodies in Balance <p style="text-align: right;">Jodie Mulder</p> <p>Level ** Strength, balance and flexibility exercises that will lead to improved overall health and stability, ultimately reducing the risk of future falls.</p>	Buckhorn Community Centre 1782 Lakehurst Road	Monday: 10:00 – 11:00 a.m.
 Mindful Moves <p style="text-align: right;">Jodie Mulder</p> <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 <p style="text-align: right;">Jasmine Murray</p> <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.