



FREE

GROUP EXERCISE & FALLS PREVENTION CLASS

A **group exercise class** that is designed to assist **older adults** in maintaining their independence. Classes can be completed **from seated or standing position** and are geared towards personal functionality. Increase your balance, build your strength, and strive for better health.

Weekly Classes

Monday to Friday | 8:45 a.m. - 9:30 a.m.

St. Joseph's Healthcare Hamilton
West 5th Campus
100 West 5th Street, Hamilton, ON
Room: H005, Stay Well Clinic

To sign up please contact Zachary Marton
Phone: 905-522-1155 ext. 39380
Email: Zmarton@stjoes.ca

St. Joseph's
Healthcare  **Hamilton**