

Fitness for Health



Do you want to
improve your health?

Do you want to learn
to be active in a safe
way?

Includes a
complimentary six
week membership to
the Allandale
Recreation Centre,
Holly Community
Centre, and East
Bayfield Community
Centre

COME JOIN US!!!

| | |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Who: | Anyone with one or more chronic conditions |
| When: | May 15 th to June 26 th , 2017 1:30 pm to 3:30 pm September 18 th to October 30 th , 2017 1:30 pm to 3:30 pm November 6 th to December 13 th , 2017 1:30 pm to 3:30 pm |
| Where: | Allandale Recreation Centre |
| Your Team: | Physiotherapist, Fitness Instructor & Wellness Coach |

Please call the Barrie Community Health Centre for details
and to register at 705-734-9690 ext.291
No Cost To Attend!

