

KEEP WELL

Get Active, Meet Friends, Have Fun
Free Chair Exercise



You
are
invited

Free
Fitness for
ages 55+

Tuesdays 10am – 11am (Ongoing) Starting June 13
For ages 55+ all levels of ability welcome.

Napanee Area Community Health Centre
26 Dundas St West

For more info, please contact Pamela at **613-876-2729**

Caring. Responding. Building Community. ♦ Prendre soins. Intervenir. Bâtir une communauté.



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

www.kchc.ca



United Way
Centraide
Member Agency
Organisme Membre