



Empowering you to live at home

LOCATIONS FOR FALLS PREVENTION AND EXERCISE CLASSES In Peterborough County

COMMUNITY OF:	LOCATION & ADDRESS	TYPE OF PROGRAM	CLASS DAYS	TIME
APSLEY	North Kawartha Community Centre	Strengthening and Stretching	Tuesday / Thursday	10:00 AM
ENNISMORE	Community Centre Chemung Office (549 Ennis Road)	Strengthening and Stretching Falls Prevention	Monday / Wednesday Monday / Wednesday	3:00 PM 2:15 PM
HAVELOCK	Havelock Town Hall (12 Oak Street)	Falls Prevention Strengthening and Stretching	Tuesday / Thursday Tuesday / Thursday	11:30 PM 12:30 PM
HARVEY	Buckhorn Community Centre	Strengthening and Stretching	Monday / Wednesday	12:00 PM
LAKEFIELD	Community Care Lakefield Office 40 Rabbit Street	Falls Prevention Strengthening and Stretching	Tuesday / Thursday Tuesday / Thursday	2:15 PM 3:00 PM
MILLBROOK	Millbrook Manor (2 Manor Drive) St. Thomas Church Masonic Hall	Strengthening and Stretching Strengthening and Stretching Strengthening and Stretching	Tuesday / Thursday Tuesday / Thursday Tuesday / Thursday	10:15 AM 9:15 AM 11:00 AM
NORWOOD	Mapleview Retirement Residence (2281 County Road 45)	Falls Prevention Strengthening and Stretching	Tuesday / Thursday Monday / Wednesday / Friday	10:00 AM 9:00 AM

For more information please call the local Community Care Office:

Apsley: 705-656-4589

Chemung: 705-292-8708

Harvey: 705-657-2171

Lakefield: 705-652-8655

Havelock: 705-778-7832

Millbrook: 705-932-2011

Norwood: 705-639-5631

COMMUNITY CARE PETERBOROUGH