

RCHS EXERCISE CLASSES

DIABETES PROGRAM

Are you looking for a fun and effective way to stay active and healthy? Our free, chair-based and low impact exercise class is designed to get you moving!



Dates: Mondays and Wednesdays, Sept 28-Dec 16

Times: 1:30-2:15pm and 2:30-3:15pm

Locations: Smiths Falls, Merrickville and Brockville

**REGISTER
NOW!**

**CALL 1-877-321-4500
EXT 305**



Rideau Community
Health Services