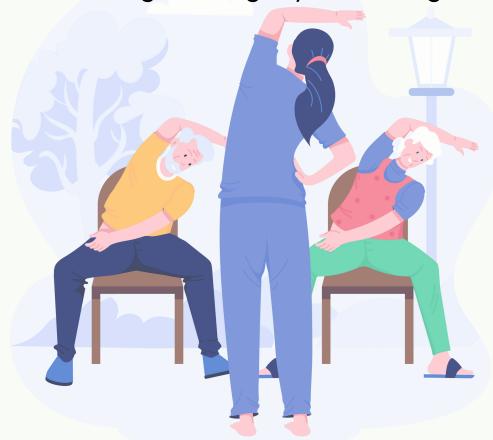
RCHS EXERCISE CLASSES

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!



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

Locations: Smiths Falls, Merrickville and Brockville

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