



Senior community exercise classes and senior stand up! Classes

Senior Community Exercise Classes:

Tuesday & Thursday 09:30am - 10:30am

Senior Stand Up! Classes:

A program to help regain and maintain balance. By referral only from the Mattawa Family Health Team.

The next 12 week program begins January 7th at 10:45am FREE

Brought to you by the following groups working together:
Town of Mattawa, Mattawa Golden Age, Mattawa Hospital,
Algonquin Nursing Home, Mattawa Wellness, Ontario Health,
NBPSDHU and participAction