



Community Exercise Program – For Seniors 65+

FOUR types of exercises:

- 1) Endurance – improve health of the heart and circulatory system
- 2) Strengthening – build muscle tissue and reduce age-related muscle loss
- 3) Stretching – keep body limber and flexible
- 4) Balance – reduce chances of a fall



Diabetes Education Program: Regent Park Community Health Centre 409 Parliament Street	
Program Dates	***NEW Time
Tuesdays	1:00 pm – 2:00 p.m.

- Drop-in program.
- Free of charge and can join multiple classes.
- Space is limited at some classes and registration is required.
- Please bring your Health Card at time of registration. If you do not have a health card, you may still register for the program.

