

# WE ARE EXCITED TO ANNOUNCE THAT BETTER LIVING HEALTH AND COMMUNITY SERVICES WILL BE PROVIDING **FREE EXERCISE CLASSES** TO HELP YOU STAY HEALTHY, ACTIVE AND INDEPENDENT!

These OHIP covered exercise programs will help improve your fitness level, increase muscle strength and reduce the risk of falls. The variety of classes being offered within your facility will also focus on improving your overall functional performance through strength and balance exercises, with a goal of improving physical health.

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## WHERE

18 Concorde (Party Room)

## WHEN

**Tuesday: Start date November 28<sup>th</sup> 2023**

8:30am (Gentle Fitness)

9:30am (Healthy Heart)

**Friday: Start date December 15<sup>th</sup> 2023**

9:00am (Gentle Fitness)

10:00am (Healthy Heart)

## GENTLE FITNESS – LOW INTENSITY

Suggested for individuals who are new to structured exercise classes, use an assistive device and/or prefer to follow at a beginners pace

## HEALTHY HEART – MEDIUM INTENSITY

Exercise class is geared towards building a strong foundation and improve balance, strength and confidence in everyday activities.

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*Please bring your health card to the 1st class to Register.  
Pre-registration required– Come out and get fit!*

## PARTICIPANTS MUST BE 65+

**Spaces limited: 25 maximum participants per class**

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Health and Community Services

