

A different kind of healthcare

## **Exercise Education Program**

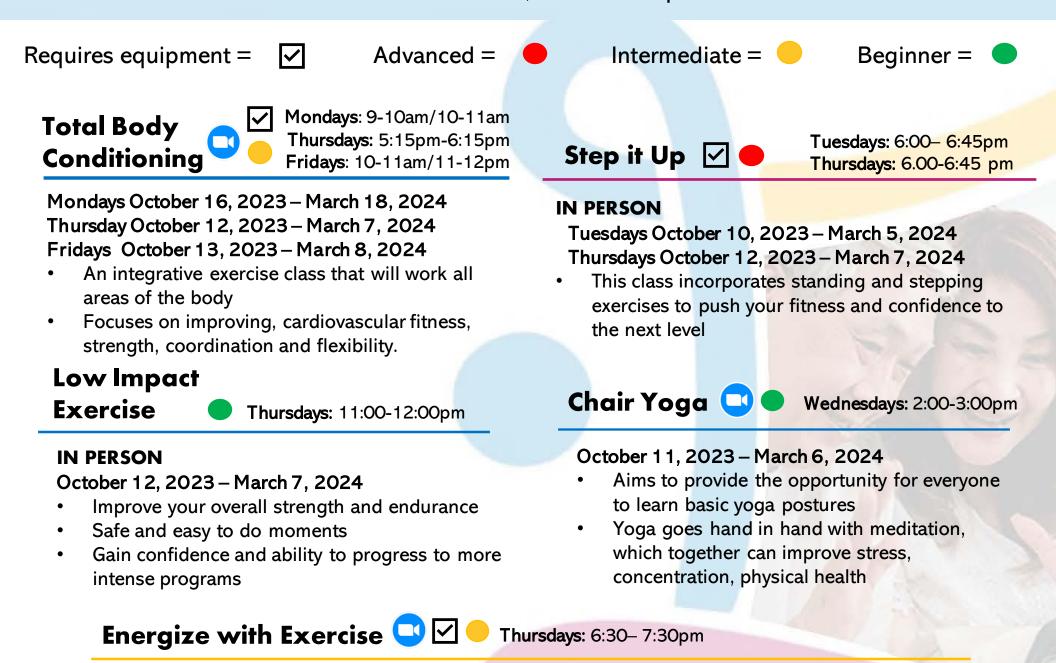
ACCREDITED BY CANADIAN CENTRE FOR ACCREDITATION

Exercise education with a focus on preventing and managing chronic conditions

Fall/Winter sessions have 20 classes and begin the week of October 10, 2023.

No classes: Thanksgiving Day October 9, 2023 & Family Day February 19, 2024 Holiday Break: December 20, 2023 – January 2, 2024

Please call **905-303-8490 Ext. 2** for **registration information**. Most classes are online via Zoom, some are in-person as indicated.



October 12 2022 March 7 2024

## October 12, 2023 - March 7, 2024

- Circuit exercise class with a focus on the prevention and management of chronic conditions
- Improves, balance + coordination, muscular strength + endurance, mobility + flexibility

\*\*\*Please note class days and timings may change. Every effort will be made to notify clients prior to class start

## **How To Register**

For more information call Vaughan CHC – Chronic Disease Centre 905 303 8490 ext. 2
Participants will be screened for eligibility, i.e., age of participant and program of interest

3.) Eligible participants will be invited for in-person registration to...

a) be screened by a Registered Kinesiologist who will ensure participant is cleared for group exercise, and determine the appropriate program(s) for each participant;

b) complete registration forms.

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