

Free Senior Exercise Program

# Sit To Be FIT



Free drop-in classes to get your heart  
pumping and body moving all while sitting!  
All abilities welcome!

Transportation  
provided

**Every Tuesday - 2-3 pm • January 15 to April 3, 2019**

**Dajoh Youth and Elder Center**  
1738 Fourth Line, Ohsweken

Please call to register for transportation  
**519-445-4779** or for questions

In partnership with:

*Soci t  Alzheimer Society*  
BRANT, HALDIMAND NORFOLK,  
HAMILTON HALTON

 **Ontario**  
Hamilton Niagara Haldimand Brant  
Local Health Integration Network  
R seau local d'int gration  
des services de sant  de Hamilton  
Niagara Haldimand Brant

  
Six Nations Health Services  
**THERAPY SERVICES**

 **SIX NATIONS COUNCIL**