



STAY ACTIVE AND HAVE FUN!

Come join VON Perth Huron for a fun and interactive 1 hour FREE exercise class! The class focuses on cardio, strength, and balance!

When? Mondays and Wednesdays!

Where? The Sebringville Community Centre

How do you sign up? You can either attend the class or call Wellness for Seniors Coordinator Brett Jutzi at 519-291-5898 ext. 2

What do I need to bring with me? Just a pair of running shoes and a waterbottle!

We hope to see you out at class soon!

Not all services are available at all VON sites. For more information and services available in your area, please contact your local VON site. **For more information, visit www.von.ca or call 519-291-5898**

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