



Do you want to become more confident in your balance?

Do you want to get fit and increase your energy?

Join the TIME™ Exercise Program

Who?

Tailored to people who are able to walk 10 metres (about 30 feet) with or without a walking aid and who live with conditions such as stroke, multiple sclerosis, acquired brain injury, or weakness after a hospital stay.

What?

- An exercise program for people who have balance and mobility problems.
- Designed by physiotherapists and led by certified fitness instructors.
- Each class lasts 1 hour and consists of a seated warm-up, exercise stations and a cool-down.
- There is an optional social for 30 minutes following each class. Bring your lunch/snack and stay a while!

Where?

Hillsview Active Living Centre
318 Guelph St., Georgetown

When?

Monday & Thursday
Oct 12 to Dec 4, 2017
9:15am to 10:15am
10:15am to 10:45am Optional social

Cost

\$50.00 +HST
Generously sponsored through a grant provided by the Ontario Seniors' Secretariat
Fee may be waived in accordance with the Town of Halton Hills Affordability Policy

More Information

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HILLSVIEW
Active Living Centre

