

A photograph of two people, a man and a woman, performing exercises in a bright room with large windows. The woman in the foreground is wearing a red long-sleeved shirt and is leaning forward with her right arm raised high. The man in the background is wearing a grey and black long-sleeved shirt and is also leaning forward with his right arm raised high. The room has a wooden floor and a grey curtain in the background.

FREE
Admission

Exercise & Falls Prevention

(Ages 55+)

Starting

December 6th

Scugog 
MEMORIAL PUBLIC LIBRARY

231 Water Street, Port Perry

Wednesday & Friday

Between 1 p.m. - 2 p.m.

For information contact:

Central Intake

1-888-255-6680



Community Care Durham
SUPPORTING PEOPLE, STRENGTHENING COMMUNITY