

# Community Care

## Northumberland

is pleased to announce a **FREE Falls Prevention Program**  
for Seniors throughout Northumberland County.

### About this Program:

- twice a week for 1 hour
- 1/2 Education (trip, hazards, lighting, medications)
- 1/2 Exercise



### Locations, Days and Times

**Cobourg—St. Peter's Church**, 240 College Street, Cobourg—Tuesday at 3:00 and Friday at 11:30

**Legion Village**, 111 Hibernia Street, Cobourg - Wednesday and Friday - 3:30

**Halcyon Place**, 580 Courthouse Road, Cobourg - Tuesday and Thursday - 3:30

To register, please contact CCN-Cobourg Office-905-372-7356

**Colborne—Keeler Centre**, 80 Division Street, Colborne—Tuesday and Thursday—9:00

To register, please contact CCN-Colborne Office—905-355-2989

**Hastings—94 Victoria Street**, Hastings-Tuesday and Thursday-11:00

To register, please contact CCN-Hastings Office-705-696-3891

**Warkworth—Mill Creek Manor**, Warkworth—Tuesday and Thursday—3:30

To register, please contact CCN-Campbellford-705-653-1411

**Port Hope—Port Hope CHC**, 99 Toronto Road, Port Hope - Monday and Wednesday - 2:00

To register, please contact the Port Hope Community Health Centre-905-885-2626

**Anytime Fitness**, 115 Toronto Rd, Port Hope—Tuesday and Thursday-2:30

To register, please contact CCN-Port Hope Office-905-885-9860

**Campbellord—Campbellford Memorial Hospital**, 146 Oliver Road-Tuesday and Thursday-1:30

To register, please contact the Campbellford Memorial Hospital-705-653-1140 x2216

**Bewdley-Bewdley Community Centre**, 7060 Lake Street, Bewdley-Monday and Thursday-1:00

To register, please contact CCN-Cobourg Office-905-372-7356

