

ACTIVE TOGETHER



FREE EXERCISE PROGRAM FOR ADULTS 55+

Stay moving, feel energized and enjoy the company of others in this **beginner-friendly** exercise program designed for people 55+. Each session focuses on gentle, safe exercises to improve:

- Balance & Mobility
- Strength & Flexibility
- Overall energy and Well-being

Every Thursday at 9am
Ripley Community Centre

Spaces are limited. Register
via jbeer@clkd.ca or
519-396-9434