



## EXERCISE AND FALLS PREVENTION CLASSES WOODBIDGE

Exercise and falls prevention classes will continue in multiple locations throughout the Central West LHIN. No fees will be charged and there will be no limit to the number of classes a senior may attend. The Central West LHIN will lead classes at the following locations:

Name	Address	Provider & Time
St Peter's Roman Catholic Church	100 Bainbridge Ave	Thu 12:30pm-1:15pm, 1:30pm-2:30pm, 2:45pm-3:45pm

The Central West LHIN and the Ministry are working together to ensure seniors continue to receive physiotherapy. If some classes have not been identified, the LHIN will continue to work to ensure replacement classes are available as soon as possible

Public inquiries are being directed to the Central West LHIN Physiotherapy phone number 1-888-733-1177 ext 7744 who will respond and help residents navigate any physiotherapy services related to exercise and falls prevention or In-Home Physiotherapy

