



## Victorian Order of Nurses - Providing Health in the Community

# FREE Exercise Program!



Live  
Every Day.



### General Information:

VON offers a free exercise program for individuals age 65 and over.

The exercise program is a great opportunity to build strength, flexibility and balance, while having fun and meeting people from your community.

### REGISTER TODAY!

### Contact:

For a list of classes in your area, or to register for this class, please contact Breanna or Kerri at 705-472-8050.

### Program Details:

#### When:

9:15-10:00 am  
Monday, Wednesday &  
Fridays

#### Starting:

June 17, 2019  
Ongoing

#### Where:

Belfry Apartments

1052 Belfry Ave.  
Sudbury, ON  
P3A 4V7

Not all services are available at all VON sites. For more information and services available in your area, please contact your local VON site. **For more information, visit [www.von.ca](http://www.von.ca) or call 705-472-8050**

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