

Prescription for healthy living

Exercise

Falls Prevention

Osteoporosis

The Mississauga Halton LHIN, in partnership with Acclaim Health and Lifemark Seniors Wellness, provides **FREE** exercise, falls prevention and osteoporosis programs. All levels of participants are welcome.

Recommended programs

- Exercise (drop in): Beginner to intermediate
- Exercise (drop in): Advanced
- Falls prevention (registration required): 12-week program
- Osteoporosis (registration required): 12-week program

Locations

- Acton
- Etobicoke
- Georgetown
- Halton Hills
- Milton
- Mississauga
- Oakville

Call today for more information or to register for a class.

1-877-696-1620

www.lifemarkseniorswellness.ca