

# POST-STROKE EXERCISE CLASSES

for older adults



No fee



Classes accommodate all fitness levels



Seated or standing exercise



Virtual or in-person options

**\*NEW\*** in-person classes start this Fall at the Eastern Ottawa Resource Centre and the South Nepean Community Health Centre

To register or for more information  
contact Grace:



613-796-4729



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*Classes funded through the senior fitness exercise program,  
Ontario Health at Home*