

Join this **FREE** **Zoomers on the Go** Exercise Program  
and Become More Physically Active!

## ST. STEPHEN

Bernie's Body Blast

Wednesday AND Friday 10:45-11:45AM

October 2 - December 20

### Benefits:

- Participate in a free exercise class
- Meet peers in your community
- Learn how to improve your mobility and reduce your risk of falling

### You are eligible if:

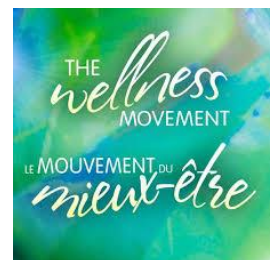
- You are 50 years of age or older
- Can exercise with minimal supervision

### Interested?

Contact the Horizon Wellness Health Centre at  
**506-465-4416**



Kinesiology  
Fredericton



ST. CROIX  
WELLNESS & RENEWAL  
CENTRE