

COMMUNITY

Georgetown Alliance Church offers free exercise classes for older adults

Older adults are welcome to attend free exercise classes being offered at Georgetown Alliance Church, 290 Main St. S., every Monday and Wednesday morning. Each one hour session is led by a trained professional instructor who will customize the class to the specific needs of the participants.

If you are looking to improve strength, balance, endurance and improve your ability to perform activities around your home while reducing your risk of falling, this free exercise program is for you.

The Monday and Wednesday morning classes are divided into three individual sessions:

- 9-10 a.m.— General Exercise
- 10-11a.m.— Falls Prevention Exercise (Movements that focus on improving balance and agility)
- 11 a.m. to 12 p.m.— General Exercise

All classes are offered free through a partnership between Georgetown Alliance Church and Bayshore Healthcare. For more information please call Doug at 905-873-0250 ext.102.



LANDOWNER WORKSHOPS

Natural Pond Management

SATURDAY, MAY 9

9 a.m. to 12 p.m.



Watershed Learning Centre, Terra Cotta Conservation Area

Naturalize your pond to improve water quality, enhance wildlife habitat and improve the health of your pond. Learn how the Aquatic Planting Program can help you. Tour Terra Cotta's Wolf Lake by-pass project.

Register by May 7.

Caring for Your Land & Water

SATURDAY, JUNE 20

9:30 a.m. to 2:30 p.m.



Inglewood Community Room, Inglewood

Gain knowledge and tools to best manage natural features on your property. Attendance at this workshop qualifies you for the Landowner Action Fund. Participants should own property of one acre or more.

Register by June 12.

For rural landowners within the Credit River watershed.

REGISTER AT WWW.CREDITVALLEYCA.CA/EVENTS
OR CALL 1-800-668-5557 EXT. 436

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Contest closes May 7, 2015



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HORIZONS
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- To improve self-esteem and quality of life

Call 905-877-8888
for more information
and to book an appointment



GEORGETOWN
pharmacy

Georgetown Pharmacy

www.georgetownpharmacy.ca

Angelo Dias

Pharmacy Manager

905-877-8888

angelo@georgetownpharmacy.ca

118 Mill Street, Unit 101
Georgetown ON L7G 2C5

Monday to Friday 9:00am to 7:00pm

Saturday 9:00am to 4:00pm

Sundays and Holidays

10:00am to 2:00pm

