



VON SMART Program

(Seniors Maintaining Active Roles Together)®

WHAT: Low impact gentle **Fitness Program** specifically designed for adults 55+ to help build muscle strength, balance, endurance, flexibility and mobility.

WHERE: Elmvale Community Hall, 33 Queen Street West

WHEN: Wednesdays at 10:00am & Fridays at 11:00am
Program starting October 19th, 2022

WHO: **Adults 55+**

COST: **FREE!** – sponsored by the Home and Community Care Support Services – North Simcoe Muskoka

HOW: To register please contact the Georgian Bay SMART office at 705-355-2200 or walk-ins are welcome!

Please bring:

- ✓ Good, supportive shoes to wear (running shoes preferred)
- ✓ Water bottle
- ✓ Exercise band (also available to purchase on site)