

Prescription for Healthy Living

Exercise

Falls Prevention

Osteoporosis

The Mississauga Halton LHIN, in partnership with **Acclaim Health** and **Bayshore Therapy & Rehab**, 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

- | | |
|--|---|
| <input type="checkbox"/> Acton | <input type="checkbox"/> Milton |
| <input type="checkbox"/> Etobicoke | <input type="checkbox"/> Mississauga |
| <input type="checkbox"/> Georgetown | <input type="checkbox"/> Oakville |
| <input type="checkbox"/> Halton Hills | |

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

1.877.696.1620