



Seaway Valley
Community Health Centre
Working with you for a Healthier Community

VOLUNTEERS WANTED!

Are you an active person interested in helping older adults improve their balance and strength?

Seaway Valley Community Health Centre is seeking volunteers to assist exercise leaders in support of our Balance for Life - exercise/fall prevention classes at the Joel Steele Community Hall, 577 Main St., Winchester. Be a part of a fun interactive program that will improve the health of the community.

For more information contact

Corrie at: 1-888-936-0306 (ext. 152)

