



Seeking FITNESS INSTRUCTORS to teach Stand UP!

Do you...

- enjoy working with older adults
- have an exercise background?

STAND UP! is a fall prevention exercise class offered over 12 weeks, 2.5 hr/week. FREE training for those who qualify

The next facilitator training is September 18, 2024 at the Carling Community Centre.
For more information or to register, please contact your local Community Support Service agency or
Public Health representative:

Algoma: Bill Grawbarger - bgrawbarger@algomapublichealth.com

Nipissing & Parry Sound: Samantha Docherty - samantha.docherty@healthunit.ca

Porcupine Health Unit: Meagan Potvin - meagan.potvin@porcupinehu.on.ca

Sudbury and Manitoulin Districts: stayonyourfeet@phsd.ca

Timiskaming: Lorna Desmarais - desmaraisl@timiskaminghu.com

www.stayonyourfeet.ca