



Brockton and Area
Family Health Team

PREVENTION THROUGH EXERCISE



THURSDAY'S: OCT 23RD - DEC 18TH 2025
10:00 AM - 11:00 AM

CHESLEY COMMUNITY CENTRE
129 4TH AVE SE

Class is offered FREE of charge

FOR MORE INFORMATION CONTACT:

Phone: 519-363-3119 Ext.135

Email: hdevisser@bafht.com