

# RCHS EXERCISE CLASSES

## DIABETES PROGRAM

Are you looking for a fun and effective way to stay active while managing or preventing diabetes? Our free, chair-based and low impact exercise class is designed to get you moving!



**Dates:** Mondays and Thursdays starting Jan 13, 2025

**Times:** 1:30–2:15pm and 2:30–3:15pm

**Locations:** Smiths Falls and Brockville

**REGISTER  
NOW!**

**CALL 1-877-321-4500  
EXT 305**



Rideau Community  
Health Services