



Brockton and Area
Family Health Team

PREVENTION THROUGH EXERCISE



PAISLEY LEGION
338 GOLDIE ST

WEDNESDAYS: JAN 14TH - MAR 25TH 2026
10:00AM - 11:00AM

CHESLEY COMMUNITY CENTRE
129 4TH AVE SE

THURSDAY'S: JAN 8TH - MAR 26TH 2026
10:00 AM - 11:00 AM
***** NO CLASS FEB 19TH *****

Classes offered FREE of charge

FOR MORE INFORMATION CONTACT:

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