



In partnership with:



Join Us

Gentle Movement & Community Conversations

Who: People with cancer, recovering from cancer & their caregivers of any age & fitness level

Where: Virtual (Zoom)

Date: Thursday mornings

Time: 10:00 - 11:30am

Learn easy applications and breathing techniques. Option of using a chair. This program will assist in improving strength, agility, balance and flexibility. a time of conversation will follow for those who wish to stay.

Registration Required:

Please Contact Carol Armstrong

Cancer Care Coordinator, Mount Forest Family Health Team

By phone at 519-323-0255 ext.5014

Or by email carmstrong@mountforestfht.com