



YOU'RE INVITED... CELEBRATING 30 YEARS OF SMART EXERCISE

The VON Exercise and Fall Prevention Program is celebrating its 30-year Anniversary!

To commemorate this event, several sites are simultaneously participating in a SMART Exercise class in multiple locations across the province!

What to expect?

The class will 60 minutes long and follow the typical SMART class structure of: Aerobics, Balance, Strength, and Flexibility.

Seated and standing options will be available.

What to bring?

Please come dressed for exercise and wear closed toed shoes. We encourage you to bring a friend and a water bottle.

Locations

Multiple locations will be holding this event! Check here frequently to find the location nearest you, or join us virtually.

THURSDAY
OCTOBER 17
10:30 AM

FREE

**REGISTER
NOW**

