



NorWest Community Health Centres
Centres de santé communautaire NorWest

Manitouwadge Diabetes Health & Wellness Program

In partnership with the Manitouwadge Family Health Team & Golden Age Centre

Invite you to join in @ our new location **April 3rd** for:

"JUST MOVE IT!"

Resistance Band

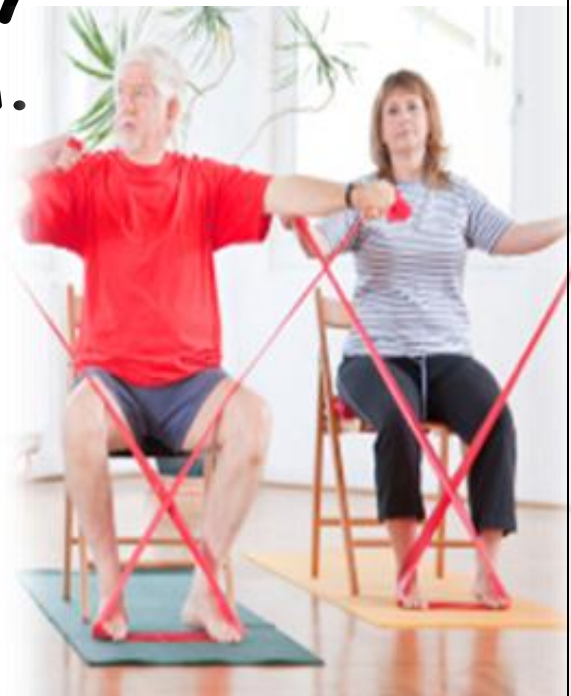
Peer Led Physical Activity Program



All Ages! **Wednesday's** **All Welcome!**
10 - 11a.m.

Golden Age Centre
Gentle physical chair
activity anyone can do

Bring your own Band
Or get a **Free** band
Resources Available!



Benefits of Resistance Training: Resistance exercise uses more muscles than just walking & maintains or increases lean muscle. This helps to burn calories at rest throughout the day. This is important for weight control & diabetes management, especially as we age. Keeping your muscles active & healthy through regular resistance training will greatly improve your management of diabetes.

Medical Screening: Even though this strength training program is not too strenuous, some people should not participate without their physician's clearance. Every participant should first complete the short Screening Questionnaire. Anyone who answers "yes" to any question should not proceed with the exercise program until he or she has written permission from their physician.

More info: Jackie @ 826-3251 Ext. 208 or mdhwp@mh.on.ca