



Exercise for Chronic Pain



Contact:

Corey Armitage
Active Living
Facilitator
613.542.2949 x 1147
or coreya@kchc.ca

Decreased: Pain,
Fatigue, & Tender
Joints

Increased:
Strength, Fitness,
& Health

When:

Mondays and Thursdays
1:30-2:30pm May 8 to July 14 2017

Where:

Boys and Girls Club
Frontenac Mall, 1300 Bath Rd.,
Kingston, ON K7M 4X4, Canada

Drop-ins welcome!

Caring. Responding. Building Community. ♦ Prendre soins. Intervenir. Bâtir une communauté.



Kingston Community
Health Centres

Centres de santé
communautaire de Kingston

www.kchc.ca



United Way
Centraide

Member Agency
Organisme Membre
Kingston, Frontenac,
Lennox and Addington