



Champlain
CCAC CASC
 Community
 Care Access
 Centre
 Centre d'accès
 aux soins
 communautaires
 de Champlain



FREE One Hour Fitness Classes for COPD and other Chronic Disease

**Instructors are CPR and Heart Wise
 Exercise trained**

Anyone can participate!

Duration 1 Hour

Classes accommodate all fitness levels

Location: Somerset West Community Health Centre-Rosemount Branch
30 Rosemount Ave. Ottawa

Time: 12:30 – 1:30 p.m.

Date(s): Wednesdays

Call: 613-238-1220 ext. 2379 and ask for Michelle

View all classes online at exercise.champlainhealthline.ca.

**Visit Heartwise.ottawaheart.ca for a listing of all Heart Wise
 Exercise classes.**

