



Feel the Power Feel Fit

The Feel the Power Feel Fit Club is **FREE** for individuals who want to become more physically active. Each Club meeting will provide information about a health topic and an opportunity to be active in a group setting. Join now at one of the following locations:

LOCATION	ADDRESS	TYPE	MEETING DATES (Subject to change)	MEETING TIMES (Subject to change)	SITE CONTACT
Main Hess Seniors Centre	181 Jackson St. West, Hamilton	Women Only All Ages	Last Tuesday of each month (except summer months).	1:30 PM	Louanne McClemon 905-546-4964
Sackville Hill Senior Recreation Centre	780 Upper Wentworth St, Hamilton	Co-Ed Seniors 55+ Only	Last Tuesday of each month (except July, August and December). Space is limited.	10:00 AM	Shari Farrell 905-546-2541 ext. 8099
First Place Seniors Community Centre	350 King St. East, Suite 300, Hamilton	Co-Ed	Third Friday of each month, starting February 19, 2010.	1:30 PM	Louanne McClemon 905-546-4964

For more information about Feel the Power Feel Fit Club contact a site directly or visit www.doitwell.ca

