

**For Immediate release – January 16 2017**

**NEW YEAR, NEW LOCATION, NEW PROGRAMS from Mills Community Support**

A revitalized roster of both new and returning Health and Wellness programs from Mills Community Support is helping adults 50 and over be active and connected. Our new Health and Wellness Coordinator April Georgeadis has brought back past favourites, such as Zumba, and added some fresh new programs to inspire and engage.

And it's not just the roster that's revitalized – the majority of our Almonte programs are relocating to the newly-renovated Stan Mills Lounge, located within our Country Street Centre at 375 Country Street. This bright and fresh space was re-opened in January 2018 after extensive upgrades, and allows us to offer new and continuing programs and activities to our community in a consistent location. You can see the new space by joining one of our programs!

Please note, our Wednesday afternoon Strength and Balance program continues to be held at the Almonte Civitan Club, and Carleton Place programs continue in their usual location.

All our Health and Wellness programs, including our 4 new ones, are targeted at adults aged 50 and over, and can accommodate adults with disabilities. We welcome all community residents from Almonte and the surrounding and nearby areas to our programs. Signing up is easy – just call our Home Support office at (613) 256-4700. All programs unless noted run for 10 weeks and cost \$65 per participant.

Here's a run-down on the new programs we are offering beginning in February. Stay tuned for even more new programs starting in the April, too (hint: they might involve food!).

Basic Art Instruction:

Taught by an experienced artist and instructor, in this program you will experience art as a method of relaxation for your body and your mind. Suitable for beginners as well as those with some experience. Tuesday evenings 6 to 7:30pm, starting February 6th.

Get Fit with Drums:

This drumming exercise class is a 60 minute cardio/core jam session combining great music, good cardio segments with simulated drumming on a ball. This program is designed for all ages and fitness levels. Monday mornings 11am to 12pm, starting February 5th.

Zumba Gold:

Taught by a licenced Zumba instructor, this program is designed for active older adults, beginners, those who are not used to exercising, or people who may be limited physically. Dance your way to your fitness goals with easy to follow low intensity moves! Wednesday afternoons from 1 to 2pm, starting February 7th.

Relax and Stretch:

Improve your flexibility, balance and strength through long stretches of your muscles. Monday evenings from 6pm to 7pm, starting February 5th.

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