



CONTACT
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Meet peers and learn how to improve fitness in YOUR community

PARTICIPANTS

- Become more active
- 12 weeks
- 2 hours per week

LEADERS

- Encourage peers to be more active
- Complete free training
- Contribute to your community

Zoomers is a **FREE** falls prevention program comprised of volunteer led exercise classes for ages 50 and over.

COMMUNITY

- Identify space
- Promote program
- Help recruit leaders and participants

