

Carefirst Wellness Club

Exercise & Falls Prevention Program

Announcement



Effective April 1, 2024

- Wellness Club Membership is required for **ALL VIRTUAL and IN-PERSON** classes at Carefirst and selected sites.
- Older Adults 55+ Membership is required for classes at Bayview Hill Community Centre.
- Registration can be done online (Wellness Portal) with a valid Wellness Club Membership.

Important Dates to remember

Wellness Club Membership New/Renewal

- From March 16

Classes Registration (Wellness Portal)

- Virtual - From March 20
- In-person - From March 25 (**maximum 5 classes per person**)

2024年4月1日起:

- 設於耆暉會及特定地點的**實體運動班及所有網上班**，參加者必須是耆康社社員。
- 設於灣景山社區中心的運動班，參加者必須持有 Older Adults 55+ 會員証。
- 請使用 Wellness Portal 系統報名。報名時請輸入有效的社員証號碼。

重要日期

耆康社新登記及續會

- 3月16日起

運動班報名 (Wellness Portal)

- 網上班 - 3月20日起
- 實體班 - 3月25日起 (**每人只限報5班**)

In the case of absence that will extend more than 4 missed classes, without notification, your space will be discharged.

如在未有通知耆康社的情況下缺席超過4堂，將視為退學，閣下的位置會被取消。



Wellness Portal

Wellness Club
Tel: 416-847-8939
Email: Wellness@carefirstontario.ca