

# Celebrating 30 years of SMART Exercise Classes



VON is celebrating the 30<sup>th</sup> Anniversary of the VON SMART (Seniors Maintaining Active Roles Together) ® Exercise and Falls Prevention Program on October 17<sup>th</sup>, 2024. SMART offers group exercise class to community members 55 years and older or any adult living with a disability who want to improve their strength, balance and mobility through low-impact exercise.

In 1994, VON started their first SMART Classes in London, Middlesex, Elgin. The program has expanded since then and currently there are **over 1500 SMART Classes** running each week in **over 700 locations** serving **more than 10, 000 clients** throughout Ontario and Nova Scotia.

On October 17<sup>th</sup>, 2024 at 10:30 SMART will be celebrating by hosting exercise classes across every region (in-person and virtually). All sites will be participating in the same exercise class. We invite you to register to participate in a class in your region and help us celebrate the accomplishments of the SMART team and bring awareness to SMART. We are hoping to create a record with the attendance at classes on October 17<sup>th</sup>, 2024

The classes in **Wellington County** will be taking place at the following locations:

### List Locations

Village By The Arbouretum - Reid Hall 221 Stone Rd. E Guelph ON (Residents and VON Staff/Volunteers Only) N1G 4X7
Trinity United Church (Gym) 400 Stevenson St. N Guelph ON N1E 5C3
Melville United Church 300 St Andrew St. W Fergus N1M 2W7
Arthur Arena (Gym) 158 Domville St Arthur ON NOG 1A0
Mount Forest and District Sports Complex (Leisure Room) 850 Princess St. Mount Forest ON NOG 2L3

Zoom Link <https://ca01web.zoom.us/j/67762800394> Meeting ID 67762800394  
If you would like to attend in-person or virtually please register and get more information by calling or emailing Danielle Dawkins Phone: 519-803-0144 or Email: [Danielle.dawkins@von.ca](mailto:Danielle.dawkins@von.ca)



Please remember to email [communications@von.ca](mailto:communications@von.ca) with your VON Week site activities, staff photos, local public displays of support, media/PR opportunities, or if you require additional support.