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**The
School of Dance**

The School of Dance presents
Seniors Moving Matters

Fall Proof

Online Workshop Classes with Cathy Kyle Fenton



Join teacher Cathy Kyle Fenton for **Fall Proof**, a series of online workshop classes to build core-strength while adding simple stretching and bone-density work focused on fall prevention strategies.

Thursdays, 9:00-10:00am

January 20, 2022

February 10 & 24, 2022

March 10 & 24, 2022

Contact registrar@theschoolofdance.ca to reserve your spot in one or all of our online Fall Proof classes.

Fall Proof is part of our Seniors Moving Matters project, paid for by the Government of Ontario.

Ontario 

Photo: The School of Dance Archives

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