



Northumberland Paramedics **Community Paramedicine Wellness Library**

Northumberland Paramedics are offering free health & wellness resources and at-home exercise classes for seniors in their new virtual resource library! Explore the many tips and video classes in the library to see how you can stay active, improve your health, and enhance your well-being!

What's in the library?



Free video exercises for seniors

30 to 40-minute seated or stabilized exercises to improve strength and mobility



Fall prevention tips and resources

Tips to stay safe, prevent falls and maintain independence



Meditation resources

Improve our mental health, reduce stress and improve well-being

Created in partnership with



Get started today!

Visit the virtual library by scanning the QR code with your smartphone camera, or visit Northumberland.ca/Wellness Library

