



OSCCC 55+

Oshawa Senior
Community Centres

S.L.O.T. (Stretch, Lift, or Tap)

Have you ever thought about adding extra movements into your daily living activities? Its as easy as building onto something that's already in your routine and adding repetitive movements!

Stretch as you get up from your bed!



Lift that laundry basket!



Tap and dance along to your favourite song!