

HOW DO I JOIN?

Talk to your family doctor.

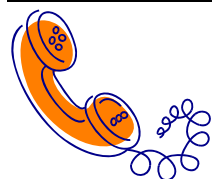
If exercise is safe for you, your doctor can make a referral to the program.

When we receive the referral from your doctor, we will call you with an appointment.

WHAT DOES IT COST TO JOIN?

The program is being offered in partnership with the City of Mississauga Parks and Recreation. They charge a fee for using their facility at a cost to you of \$7.23 per session (total of \$86.76). There is no charge for parking.

WHERE CAN I GET MORE INFORMATION?



Please call us at:
416-521-4090

We are happy to answer any questions that you may have.

WHERE DO I GO?

Your assessment will take place at the Trillium Health Centre, West Toronto Site. Please go to the Medical Clinic located on the 2nd floor. When you arrive at Trillium, a volunteer will assist you if needed.

The exercise and education classes take place at the Cawthra Community Centre which is located at 1399 Cawthra Road, Mississauga. We will give you the details and a map when you come for your assessment.

SENIORS' HEALTH SERVICES

Phone: 416-521-4090 OR
toll free 1-888-271-2742

**Trillium Health Centre
West Toronto Site**
150 Sherway Drive
Toronto, Ontario M9C 1A5

Mississauga Site
100 Queensway West
Mississauga, Ontario L5B 1B8

Fax: 416-521-4116



SENIORS' HEALTH

Falls Prevention and Bone Health Program

Are You Ready
to be

**Strong
And
Steady**

in your
**Senior
Years?**

We invite you to learn how to stay safe and avoid falls.

HOW WILL STRONG & STEADY HELP ME?

By taking part, you will:

- Improve your strength and balance
- Learn how to make your home safer
- Find out your risk of having a fall
- Learn many ways to protect yourself

Research has shown that programs like ours that combine assessment, exercise and education reduce the risk of falls or becoming injured from a fall.

WHY SHOULD I WORRY ABOUT FALLS?

At every age, the greatest single cause of injuries is falls. However, falls are more serious for older adults. Falls can cause injury, pain, loss of movement and function, loss of independence, hospitalization and even death. Falls don't have to happen when you get older. You can take action to protect yourself and prevent falls.

ARE THERE OTHER BENEFITS?

Yes! More reasons to join:

- It's fun. Doing the exercise circuit with your group is a great way to get to know each other.
- The exercises are designed for older adults. With a professional watching carefully, you can feel more confident.
- Learn valuable safety tips from an occupational therapist. Simple changes can make your home safer.
- The doctor (geriatrician), nurse and therapists are experts in seniors' health. Your personal assessment will be done by our caring team of health care providers.
- After the program you may have more energy to do the things you enjoy, like gardening or playing with your grandchildren.

"My balance has really improved... I have become more confident in my stride and I am getting out more than I have in years."

WHO CAN JOIN?

We welcome adults 65 years of age and older who live in the community and want to stay strong, steady and independent.

You will have an assessment by a nurse practitioner and/or geriatrician and a physiotherapist at our clinic prior to starting the program. You can take part if you:

- are well enough to be physically active
- can walk 25 meters, with a walking aid if needed
- are able to learn new information
- are able to get to & from program

HOW LONG IS THE PROGRAM?

To participate, you agree to attend a two hour session, twice a week for six weeks.

Our sessions are held on Mondays & Wednesdays from 10:00 am-12:00 pm.

Three months after you finish the program, you will have a follow up visit with your Strong and Steady team.