

Boosting Balance & Bone Health Program



WEDNESDAYS 10:00 AM — 12:00 PM

STARTS NOVEMBER 15th, 2017 (4 WEEK PROGRAM)

This 4 week program, run by a registered occupational therapist, is designed to gradually improve balance and strength to avoid falls and maintain independence, as well as educate individuals on keeping bones healthy.

- ◆ One hour is designated for group exercise, and one hour is designated for education on bone health and falls prevention.
- ◆ Education sessions include an overview of bone health, dietary and medication practice to maintain strong bones, and home safety tips.
- ◆ Individuals who are able to safely take part in a supervised exercise program are invited to register.



**KEEP BONES
HEALTHY**

**MAINTAIN
HEALTHY
LIVING**

**IMPROVE
BALANCE**

LOCATION:

**DOWNSTAIRS IN
CROZIER HALL**

**59 King Street West
Forest, ON**

**North Lambton
Community Health
Centre**

**CALL TO
REGISTER:**

**519-786-4545
x. 265**

***SPOTS ARE LIMITED**