



Rapids Family Health Team presents  
**BOOSTING BALANCE &  
BONE HEALTH PROGRAM**

**Tuesdays: September 3rd –October 1st  
(5 week program)**

**First Time Participants ONLY**

**Time: 9:30 – 11:30 AM**

This 5 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.
- ♦ Education sessions include overview of bone health, dietary and medication practices to maintain strong bones, and home safety tips.
- ♦ Individuals who are able to safely participate in a supervised exercise program are invited to register.



*Rapids*

**Family Health Team**

**KEEP BONES  
HEALTHY**

**MAINTAIN  
HEALTHY LIVING**

**IMPROVE  
BALANCE**

**LOCATION:  
The  
Cruickshank  
Centre at  
Thompson  
Gardens  
Gym  
Lower Level  
Corunna**

**CALL TO  
REGISTER:**

**519-339-8949**

**\*SPOTS ARE LIMITED**