

How do I join?

Talk to your doctor.

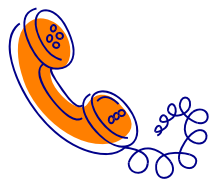
If exercise is safe for you, your doctor can call **905-813-1100 ext 5415**.

When we get a referral from your doctor, we will tell you when you can start.

What does it cost to join?

Everything in the 6-week program is **free**. Parking at the hospital costs \$16 a session. Parking passes are available at a lower rate.

Where can I get more information?



Please call: Joanne
905-813-1100, ext 5415

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

Where do I go?

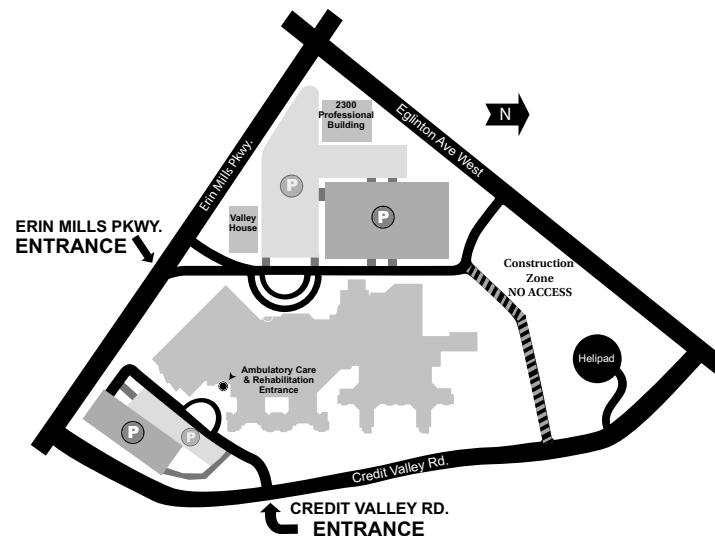
Seniors and Rehabilitation Day Hospital is located at The Credit Valley Hospital, in Mississauga, ON.

Enter off of Credit Valley Rd, at the corner of Erin Mills Pkwy & Credit Valley Rd.

Once at the hospital, enter using the Ambulatory Care & Rehabilitation Centre entrance.

Turn right at the first hallway.

Continue to the end of the hall, where our receptionist is waiting to greet you.



Mississauga Halton
Falls Prevention Initiative

Are You Ready?

To get
**Strong
And
Steady**
in your
**Senior
Years**

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



CREDIT VALLEY
THE CREDIT VALLEY HOSPITAL

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 proven 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 seniors. 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 seniors. 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 over 65 years of age who live in the community and want to stay strong, steady and independent.

You can take part if you:

- are well enough to be physically active
- can walk 25 meters, with a walking aid if needed
- have a way to get to and from the hospital

How long is the program?

To become Strong & Steady means agreeing to attend 2-two hour sessions a week, for 6 weeks.

Our sessions occur on:

- Wednesday & Friday

Three months after the program, we will call to find out how you are doing.