

Group Programming & Falls Prevention Classes

Lifemark Seniors Wellness in partnership with Acclaim Health and Mississauga Halton Local Health Integration Network is offering FREE Exercise classes, Falls Prevention and Osteoporosis programs for seniors, older adults with disabilities and those that suffer from chronic illness. We are offering the following programs throughout all of MH LHIN.

Description of Classes and Programs

12 Week Falls Prevention Program (registration required)

- This 12 week program focuses on providing a consistent approach to prevent and manage falls, reduce injuries associated with falls and improve safety within the participant's home.
- The program consists of a pre and post assessment, education and exercise
- The one hour program twice a week will include 15 minutes of educational discussion of various topics related to falls and 30 minutes of exercise that will focus on improving balance, increasing strength, flexibility and agility
- Participants must be able to attend two - one hour classes every week for 12 weeks
- To Register please call our toll-free number 1-877-696-1620

12 Week Osteoporosis Program (registration required)

- For participants with the diagnosis of Osteopenia or Osteoporosis, at risk for Osteoporosis or those with a history of Osteoporosis
- The 12 week program helps educate individuals with falls prevention, the activities and factors that affect bone loss and exercises that will help maintain and build bone mass.
- The 35 minute exercise program is geared towards building muscle, improving balance and preventing bone loss and is two times per week
- Program includes pre and post evaluation, education and exercise
- Participants must be able to attend two - one hour classes every week for 12 weeks
- To Register please call our toll-free number 1-877-696-1620

Movement Matters (drop in)

- Low intensity class that is suitable for beginner to intermediate fitness levels
- Involves exercises that makes use of exercise bands, dumbbells, and body weight while in a seated position.
- This 30-40 minute class will improve flexibility, muscle strength, and your endurance!

Pump it Up (drop in)

- Higher intensity exercise class that involves more standing based exercises.
- Involves exercises that makes use of exercise bands, dumbbells, and body weight.
- This 30-40 minute class will improve flexibility, muscle strength, and your endurance!



- **Seated Chair Tai Chi Class (drop in)** Tai Chi is the most popular form of exercise today!
- The graceful, slow speed movement, coupled with an emphasis on deep breathing and mental focus, creates balance, flexibility and calmness, which relieves stress and allows for the integration of your mind and body.
- Tai Chi improves balance, strengthens the upper and lower body, improves the immune system, reduces blood pressure, helps to reduce bone loss, helps relieve arthritic pain, promotes faster healing and positively impacts various ailments and conditions

Simply Stretch (drop in)

- Stretching is a crucial part of healthy living because it not only relieves aches and pains but it provides freedom of movement to perform daily activities such as getting dressed and reaching for an object on a top shelf.
- Gaining independence through healthy flexibility promotes overall quality of life and should be included to any exercise regime.
- This 30-40 minute class will include warm up, stretching exercises and cool down

Chair Yoga (drop in)

- This 30-40 minute class includes modified yoga postures while seated
- The gentle movements help improve the function, mobility, and range of motion of the spine and other joints in the body as well as releasing tension in the shoulders, neck, chest, hips lower back
- Some exercises will also strengthen the core muscles strengthen the shoulders, upper back, thighs, and abdominal muscles.

Seated Dance

- This 30 minute – 40 minute class is paired to music to make you groove in your seat!
- Seated dance helps improve your range of motion and function of your arms and legs. It will also build strength in your core improving your day to day abilities
- The music will bring out your inner spunk and child to lighten your mood.

For a list of sites and schedules visit us at:

<http://www.lifemarkseniorswellness.ca/freeexerciseclasses/index.html>

or Call Us at 1.877.696.1620.