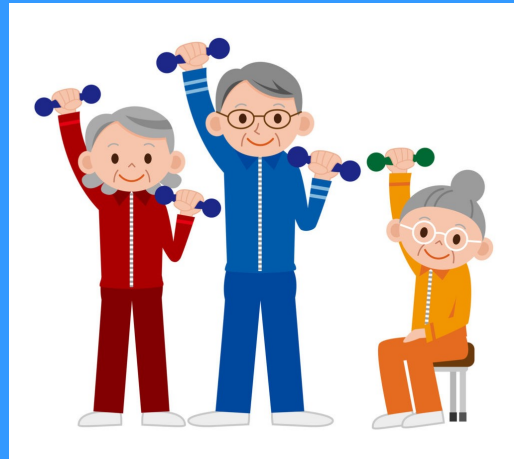


The Boosting Balance and Bone Health Program was developed in partnership with Osteoporosis Canada's "Too Fit to Fracture" exercise guidelines.



Sessions run every few months!

Call for the next session dates!

**TO REGISTER CALL:
519-786-4545 ext. 265**

**BOOSTING BALANCE AND
BONE HEALTH PROGRAM**

North Lambton Community Health Centre
59 King Street West
Forest, ON
Phone: 519-786-4545 ext. 265

BOOSTING BALANCE AND BONE HEALTH PROGRAM



Keep bones healthy!

Maintain healthy living!

Improve your balance!

4 Week Program
Run by a Registered
Occupational Therapist



Boosting Balance and Bone Health

This 4 week program is designed to gradually improve balance and strength to avoid falls and maintain independence as well as educate individuals on keeping bones healthy.

The goals of the program include:

- ◆ Understanding the basics of bone health, including how our bones are formed, what factors contribute to bone health, and the definitions of low bone mass and osteoporosis.
- ◆ Learning different types of exercise most valuable to building bone health.
- ◆ Reviewing daily requirements for calcium and Vitamin D and how to get them from food products.
- ◆ Identifying and implementing changes in your lifestyle to improve bone health.

Frequently Asked Questions:

Who is the program for?

The program was developed for those who have issues with balance and/or have frequent falls and/or have been diagnosed with osteoporosis.

Individuals must be able to walk 25 metres with or without a walking aid to participate.

When is it held?

The complete series consists of four weekly two hour sessions. One hour is designated for group exercise, and one hour is designated for education on bone health.

For the current schedule, please contact the North Lambton Community Health Centre at 519-786-4545 extension 265.



Where is it held?

The program is offered through the North Lambton Community Health Centre in Forest, ON. It is held on site in the main building at 59 King Street West in Forest.

How much does it cost?

FREE!

To register, please call the North Lambton Community Health Centre at:

519-786-4545 ext. 265

Enrollment is limited. Registration is accepted on a first-come first-serve basis.

*Please consult with your physician prior to commencing any exercise program.