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Funded by the Ministry of Health and Long-term Care through the LHINs (Central East, Central and Toronto Central). Seniors' exercise classes focus on improving and maintaining functional performance through strength and balance to prevent injury and falls. Falls prevention classes provide seniors with instruction on how to reduce the risk of falling, in addition to weight bearing and balance exercises.

"Be Fit at Home" – Exercise and Falls Prevention Program

zoom

Register online using Google Link – <https://forms.gle/k17GuHhM7J6JaSZK9>

FREE

Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM Low Mobility Conditioning (Mandarin)	9:00 AM Falls Prevention (Cantonese)	9:00 AM High Mobility Conditioning (Mandarin)	9:00 AM Falls Prevention (Cantonese)	9:00 AM Low Mobility Conditioning (Cantonese)
10:15 AM Falls Prevention (English)	10:15 AM Gold Line Dance (English)	10:15 AM Falls Prevention (English)	10:15 AM Gold Line Dance (English)	10:15 AM Falls Prevention (English)
	10:15 AM High Mobility Conditioning (Cantonese)		10:15 AM High Mobility Conditioning (Cantonese)	
11:30 AM Cardio/Strength/ Stretching (Cantonese)	11:30 AM Cardio/ Strength/ Stretching (Cantonese)	11:30 AM Breathing/ Stretching (English)	11:30 AM High Mobility Conditioning (English)	11:30 AM Low Mobility Conditioning (English)
1:00 PM Low Mobility Conditioning (English)	1:00 PM Falls Prevention (English)	1:00 PM Cardio/Strength/ Stretching (Cantonese)	1:00 PM Falls Prevention (English)	1:00 PM Cardio/Strength/ Stretching (Cantonese)
2:15 PM High Mobility Conditioning (English)	2:15 PM Low Mobility Conditioning (English)	2:15 PM High Mobility Conditioning (English)	2:15 PM Low Mobility Conditioning (English)	2:15 PM High Mobility Conditioning (English)