



Exercise and Fall Prevention Program

Effective August 1, 2013 the Mississauga Halton LHIN in partnership with March of Dimes Canada (MODC) and pt Healthcare Solutions Corp (pt Health) commenced the Exercise and Fall prevention classes with the focus being seniors or those with a seniors profile.

Exercise Classes

There will be two stream of exercise class; one class will be geared for higher functioning participants and the other for lower to moderate functioning participants. All classes are free and all participants are welcomed to either class. The proposed classes will focus around improving strength, balance, flexibility and endurance. The classes will be provided by a regulated Kinesiologist. Currently, the classes are drop-in and participants can take as many as they would like.

Fall Prevention Classes

The 12-week program for Fall Prevention will focus on educating participants on basic risk factors associated with falls. One class will be offered twice a week for 60 minutes with a minimum of 12 participants in each class. The goal of the fall prevention program is to prevent and manage falls, reduce injuries associated with falls, improve safety within the participant's home. The program will be led by a regulated Kinesiologist. Participants will have a better understanding of fall risks, prevention strategies, post-fall injuries, as well as increase participants' independence, cognition, and mobility and quality of life.

The program will begin with a baseline risk assessment. The baseline assessment includes questions about history of falls, MMT, balance, gait pattern/use of mobility aids, standardized testing and individualized goal/plan development. The assessment will be conducted once again at the end of the 12 week program.

Download the Fall Prevention program forms.

Participants are required to register for the 12-week program by calling March of Dimes Canada at:

Phone: 905-607-3463 ext 5232 or 1-877-427-6990 ext 5232

Fax: 905-607-9856

Email: mdaley@marchofdimes.ca