

# Osteoporosis Education and Exercise Program – Advanced Level Course

A 12 Week Program to Build Stronger Bones!



## Advanced Osteoporosis Exercise and Education Program

Bone loss is an expected part of aging; however, it has detrimental consequences for successful aging, particularly for women. One in four women and one in eight men over the age of fifty have Osteoporosis in Canada. This class is designed for community dwelling and retirement home individuals diagnosed with bone loss (Osteoporosis or Osteopenia) who have completed the Introductory Osteoporosis Exercise and Education Program. This program will build on the topics discussed in the Introductory Course, but it will be more discussion-based and practical to help participants solidify their knowledge and apply it to their daily lives. The program is divided into 12 modules. Each module includes material for a 15-minute education session followed by a 35-minute supervised exercise class. The program will run twice a week for 12 weeks.

The objectives of the program are:

- Improved knowledge of Osteoporosis and Osteopenia risk factors, causes, diagnosis and management
- Participate in a fracture prevention exercise program and improved knowledge of how to begin a home exercise program
- Improved knowledge on fall prevention and bone protective strategies, and how to apply them to daily life
- Improved knowledge on alternate forms of exercise: i.e. Tai Chi and Yoga
- Introduction to the current research in Osteopenia/ Osteoporosis prevention, diagnosis and management

The Module Topics include:

Week 1: Bone Basics and Baseline Testing

Week 2: Risk Factors for Osteopenia/ Osteoporosis: Non-modifiable and Modifiable

Week 3: Consequences of Osteoporosis

Week 4: Exercise and Movement

Week 5: Beginning a Home Exercise Program

Week 6: Nutrition

Week 7: Medication and Pain Management

Week 8: Fall Prevention

Week 9: Fracture Prevention

Week 10: Alternate Forms of Exercise

Week 11: Current Research

Week 12: Course Review, Follow Up Testing and Feedback

Criteria to Participate in This Course

- Attended at least 10 weeks (20 sessions) of the 12 week Introductory Course
- Score within the age and gender norms for the 30 Second Sit to Stand Test on the Session 24 Report Card from the Introductory Course

Exclusion Criteria for the Course

- A Timed Up and Go Score of 20 seconds or more
- A 30 Second Sit to Stand Test Score that indicates high fall risk

**Mississauga Halton LHIN & pt Health Osteoporosis Education and Exercise Program**

**Primary Introductory Program** - Introductory classes

Updated: July 28, 2014

**Secondary Maintenance Program** - Maintenance classes

Site	Address	Contact Person	Monday	Tuesday	Wednesday	Thursday	Friday
Birkdale Place	611 Farmstead Drive Milton, ON L9T 4M3	Martina 905-875-9600			1:00 PM - 2:00 PM		1:00 PM - 2:00 PM
					2:00 PM - 3:00 PM		2:00 PM - 3:00 PM
Chartwell Classic Oakville	180 Oak Park Blvd. Oakville, ON L6H 0A6	Fahmida 905-257-0095	10:00 AM - 11:00 AM		1:00 PM - 2:00 PM		
			11:00 AM - 12:00 PM		2:00 PM - 3:00 PM		
Chartwell Classic Robert Speck	100 Robert Speck Pkwy. Mississauga, ON L4Z 0A1	Steven 905-501-9922	9:00 AM - 10:00 AM			9:00 AM - 10:00 AM	
			10:00 AM - 11:00 AM			10:00 AM - 11:00 AM	
Evergreen Retirement Community	820 Scollard Court Mississauga, ON L5V 0A1	Judy 905-502-8882		2:00 PM - 3:00 PM	10:00 AM - 11:00 AM		
				3:00 PM - 4:00 PM	11:00 AM - 12:00 PM		
Forum Italia Senior's Center	155 Forum Drive Mississauga, ON	Nancy 905-507-2711 ext.3		9:00 AM - 10:00 AM		9:00 AM - 10:00 AM	
				10:00 AM - 11:00 AM		10:00 AM - 11:00 AM	
Franklin Horner Community Center	432 Horner Ave. Etobicoke, ON	Laura 416-252-6822			1:00 PM - 2:00 PM	1:00 PM - 2:00 PM	
					2:00 PM - 3:00 PM	2:00 PM - 3:00 PM	
Heritage Glen	6515 Glen Erin Drive Mississauga, ON L5N 8P9	Amy 905-567-6015	1:00 PM - 2:00 PM			1:00 PM - 2:00 PM	
			2:00 PM - 3:00 PM			2:00 PM - 3:00 PM	
Ivan Franko	3058 Winston Churchill Blvd. Mississauga, ON L5L 3J1	Terry 905-820-0573	2:00 PM - 3:00 PM			2:00 PM - 3:00 PM	
			3:00 PM - 4:00 PM			3:00 PM - 4:00 PM	
King Garden (Revera)	85 King Street East Mississauga, ON L5A 4G6	Kim 905-566-4545	9:00 AM - 10:00 AM	1:00 PM - 2:00 PM			
			10:00 AM - 11:00 AM	2:00 PM - 3:00 PM			
Martindale Gardens	45 Martin Street Milton, ON L9T 2R1	Sarah 905-693-8592			1:00 PM - 2:00 PM		1:00 PM - 2:00 PM
					2:00 PM - 3:00 PM		2:00 PM - 3:00 PM
Oakville Senior Citizen Residence (OSCR)	2220 Lakeshore Rd. West Oakville, ON L6L 5G5	Sebastian Jr. 905-827-4139 ext.154		9:30 AM - 10:30 AM			9:30 AM - 10:30 AM
				10:30 AM - 11:30 AM			10:30 AM - 11:30 AM
Regency Retirement Residence	29 Mississauga Rd. North Mississauga, ON L5H 2H7	Maria 905-891-2422		12:30 PM - 1:30 PM	9:00 AM - 10:00 AM		
				1:30 PM - 2:30 PM	10:00 AM - 11:00 AM		
SENACA (Candian Coptic Centre)	1245 Eglinton West Mississauga, ON L5V 1R8	Nadia 905-337-8937		1:00 PM - 2:00 PM		1:00 PM - 2:00 PM	
				2:00 PM - 3:00 PM		2:00 PM - 3:00 PM	
SENACA (Oaklands Regional Centre)	53 Bond Street Oakville, ON L6K 1L8	Anne 905-337-8937	1:00 PM - 2:00 PM	1:00 PM - 2:00 PM			
			2:00 PM - 3:00 PM	2:00 PM - 3:00 PM			
SENACA (Palermo United Church)	2521 Dundas St. West Oakville, ON L6M 4J4	Sheryl 905-847-3394	10:00 AM - 11:00 AM				10:00 AM - 11:00 AM
			11:00 AM - 12:00 PM				11:00 AM - 12:00 PM
The Erinview	2132 Dundas St. West Mississauga, ON L5K 2K7	Brittany 905-823-6700			10:30 AM - 11:30 AM		1:30 PM - 2:30 PM
					11:30 AM - 12:30 PM		2:30 PM - 3:30 PM
Walden Circle	1907 Lakeshore Rd. West Mississauga, ON L5J 1J6	Nicole 905-403-8660				11:00 AM - 12:00 PM	1:00 PM - 2:00 PM
						12:00 PM - 1:00 PM	2:00 PM - 3:00 PM