

## What is Healthy, Safe and Strong?

A group exercise program that helps older adults live active, healthy and independent lives. This program provides free group exercise programs delivered by certified personal trainers. Exercises are intended to support and improve activities of daily living.



### Other Seniors Community Programs

- Adult Day Program
- Niagara Gatekeepers
- Outreach Services
- Respite Companion Program
- South Niagara Health and Wellness Centre
- Virtual Wellness Programs
- Assisted Living

### Seniors Community Programs

Niagara Region, Campbell East  
1815 Sir Isaac Brock Way, PO Box 344  
Thorold, ON L2V 3Z3

**Office Hours:** Monday - Friday  
8:30 a.m. - 4:30 p.m.

**905-984-2621**

**or toll free 1-877-212-3922**

Program funding is supported  
through Ontario Health

Seniors Community Programs

# HEALTHY, SAFE AND STRONG



**Group exercise program  
for older adults**

Niagara  Region

[niagararegion.ca/seniors](http://niagararegion.ca/seniors)

Niagara  Region

**Guiding you to  
independent living.  
Exercise your way to  
being healthy, safe  
and strong.**



## About our services

### The service aims to:

- Improve and/or maintain strength
- Prevent age-related muscle loss
- Build balance to decrease risk of falls
- Enhance confidence getting around
- Participation in this service will support overall health by providing access to Health and Wellness Education and other resources that will help maintain long-term independence

## Is there a cost?

No, there is no cost to attend the program.

## Who can participate/eligibility?

### To join this program, you:

- Are an older adult (60 years of age or over)
- Live in Ontario
- Valid Health Card or eligible to receive an Ontario Health Card
- Can follow instructions and self-determine necessary modifications suitable to your personal health limitations
- May be at risk for falls or have experienced a fall(s)

### For online classes:

- Have Internet and a computer/tablet
- If you don't have Internet access, contact us to discuss a phone-based exercise class

## Sessions

Classes run for approximately 50 minutes and are available multiple times each week. Each class has elements of cardio, strength, balance and flexibility/mobility. Seated and standing exercise options are available.

## How do I register?

Sessions run throughout the year and registration is required. Call our intake line 905-984-2621 or toll free 1-877-212-3922 or visit our website to register [niagararegion.ca/seniors](http://niagararegion.ca/seniors).