

What is the South Niagara Health and Wellness Centre?

A program to help older adults live active, healthy and independent lives. The South Niagara Health and Wellness Centre is a partnership of community and health care providers offering rehabilitation, wellness education and community resource connections to help older adults become healthier, safer and stronger.

What are the hours?

Office hours:

Monday - Friday, 8:30 a.m. - 4:30 p.m.

Client Programming hours:

Monday - Friday, 9 a.m. - 12 p.m.,
and 1 - 4 p.m.



Other Seniors Community Programs

- Adult Day Program
- Healthy, Safe and Strong Exercise Program
- Niagara Gatekeepers
- Outreach Services
- Respite Companion Program
- Virtual Wellness Services
- 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

Niagara  Region

niagararegion.ca/seniors

Seniors Community Programs

SOUTH NIAGARA HEALTH AND WELLNESS CENTRE



**Supporting older
adults' independence**

Niagara  Region

Exercise, wellness programs and community resource connections to help older adults remain safe and independent in their own home.



What does the service offer?

The service provides opportunities for older adults to:

- Access professional services such as Physiotherapy, Occupational Therapy and Speech Language Pathology
- Build strength, balance and confidence through exercise
- Socialize with others who are motivated to stay healthy, safe and strong
- Learn about health and wellness
- Learn about resources available to support independence and health
- Interact with students through classroom experiences

The program combines both exercise, wellness and group participation. Sessions are focused on helping older adults achieve optimal mobility, function in their daily activities, communicate effectively, and making them as independent as possible.

Is there a cost?

No, there is no cost to attend the program. Transportation and parking are the responsibility of the participant.

Transportation

If transportation is required, program staff can provide information about available options.

How do I register?

Please call Intake 905-984-2621 or toll free 1-877-212-3922 or visit our website to register niagararegion.ca/seniors. For entry through the rehabilitation stream a physician referral is required. Please visit: hoteldieuusher.org/site/southniagarahealthwellnesscentre

Partner agencies

The centre is operated through a partnership of community and health care providers:

- Niagara Region
- Hotel Dieu Shaver Health and Rehabilitation Centre
- Niagara College
- March of Dimes Canada
- Ontario Health atHome

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
- Can engage in conversation and are independent in decision making
- May be at risk for falls or have experienced a fall(s)

For online classes:

Have Internet and a computer/tablet

Participants must:

- Be medically stable
- Be able to transfer independently or with one person assisting

Exclusionary Criteria

Participants referred by a physician to the Hotel Dieu Shaver Ambulatory Rehab Program may not be required to self determine modifications, be independent in decision making or be required to be 60+. Assessment required.