



Family Health Team



WHEN:

Tuesdays
2:00 - 4:00pm

Sept 15 -
Oct 20, 2026

LOCATION:

460 Christina St.
N.

Rapids Family Health Team presents **BOOSTING BALANCE & BONE HEALTH PROGRAM**

This **6 week program** is designed to gradually improve balance and strength to avoid falls and maintain independence and to educate individuals on keeping bones healthy.

- One hour is designated for group exercise, and one hour is designated for education on bone health.
- Education sessions include:
 - ♦ Bone health - Osteoporosis Canada
 - ♦ Dietary practices - Registered Dietician
 - ♦ Medication Practices - Pharmacist
 - ♦ Falls prevention/home safety—Occupational Therapist

Our program is specifically designed for patients who:

- Can independently ambulate and can safely participate in 1 hour of structured exercise (mostly standing).
- Are cognitively able to follow instructions and actively participate in 1 hour of group education.



BOOSTING BALANCE & BONE HEALTH PROGRAM

Frequently Asked Questions:

Who is the Program for?

- The program was developed for those who have issues with balance and/or have frequent falls and/or have been diagnosed with osteoporosis.
- Individual must be able to walk ten meters with or without a walking aid.

What is the Goal of the Program?

- Understanding the basics of bone health, including how our bones are formed, what factors contribute to bone health, and the definitions of low bone mass and osteoporosis.
- Identifying and implementing changes in your lifestyle to improve bone health, including exercise.

When is it held?

- The complete series consists of six weekly, two-hour sessions , One hour is designated for group exercise, and one hour is designated for education on bone health. The program will run Tuesdays from 2—4:00pm on the following dates:

Sept 15, 2026— Oct 20, 2026

Where is it held?

- The program will be held at **460 Christina St. N. Sarnia**, Ontario. Please use the back parking lot & entrance located off Maxwell Street. You will see a sign for Rapids Family Health Team



What Do I Bring?

- Please wear good fitting shoes, loose and comfortable clothing and bring a water bottle.

How much does it cost?

- There is no cost to participate.