

Get Up and Go Sponsored by Fraser Health

This program is a collaboration between Fraser Health Falls and Injury Prevention and Osteofit (BC Women's Hospital & Health Centre's Osteoporosis Program). It provides an entry level exercise program for seniors with balance and mobility impairment who would otherwise be unable to attend a community based exercise class. It is a safe exercise program specially designed to improve strength, balance and coordination as well as functional ability, independence and quality of life. Subsidy for this program may be available through a referral from the Fraser Health Falls and Injury Prevention Program.

Contact Ming Leung at Fraser Health to sign up at 604-587-7850, ext. 764846 or email: fallsprevention@fraserhealth.ca

October 13, 2015 (10 Sessions)

Tuesday and Thursdays

12:30 PM

Lifetime Learning Centre at Fraserview School,
32444 Seventh Avenue, Mission, BC. V2V 2B5

10 classes – \$35.00 member/ \$45.00 non-member

Fall Prevention Clinic Sponsored by Fraser Health

Participants will have the opportunity to sit one-on-one with various health professionals for 20-minute sessions. At that time, various aspects of the participant's fall risk status will be assessed and interventions will be discussed. The total time spent at the clinic will be approximately 90 minutes.

To register or for more information please call: 604-587-7850 ext. 764836 or email: fallsprevention@fraserhealth.ca

Tuesday

Contact Office for Course Dates

9:00 am to 5:00 pm

No cost but must pre-register

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