

Get Help Staying Mobile



Staying independent in your own home is important to you, and there's help to make sure that you remain as mobile as possible.

Home Support Exercise Program

Proven to improve strength, balance and mobility while preventing falls, this 12 week program brings a trained volunteer to your home once a week who will support you through a series of 10 gentle exercises that will increase your mobility.



For more information contact:
Leanne Rotz at lrotz@acclaimhealth.ca
905-827-8800 Ext. 2311 or toll free 1-800-387-7127

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Helping Seniors Stay Mobile



Do you want to make an impact on someone's
life where it matters most?

You can help a senior improve their balance and
mobility so they may remain in their own home.

Consider becoming a
Home Support Exercise Program Volunteer.

All it takes is 1 hour a week,
and training and certification is provided.



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