

# Exercise and Falls Prevention



55 years and older

## Overview

The Exercise and Falls Prevention Program is a community-based initiative to meet the exercise needs of Older Adults within the Durham Region. Our goal is to provide participants with the opportunity to keep fit and maintain their independence. We provide a variety of exercise classes, focusing on promoting increased participation, strength, flexibility, balance and endurance. Falls Prevention classes help people to maintain and improve their physical abilities and reduce their risk of falls.

## Clients Supported

Adults living in Durham Region who have a desire to:

- be involved in meaningful group activities
- maintain and enhance aerobic fitness
- socialize and build connections with others in their community
- develop better balance and stability
- increase functional fitness
- improve strength and muscular endurance
- work on flexibility and maintaining joint range of motion
- enhance overall physical and mental health

## Limitations

Participants must be able to get to and from the nearest service location or possess the technology required to stream and participate in virtual classes.

## Program Locations

Community Care Durham provides exercise and falls prevention classes at various locations within Pickering, Ajax, Bowmanville, Newcastle, Port Perry, Uxbridge and Brock Township.

## Availability

Limited to the number of clients that each location can safely hold. Please contact the Service Coordinator to find the nearest locations and program availability.

## **Cost**

There is no cost for this service

## **Transportation**

This is the sole responsibility of the participant. Community Care Durham does provide transportation services, but at an additional cost. For more information or assistance in arranging transportation, please follow the provided link:  
[communitycaredurham.on.ca/services/transportation/](http://communitycaredurham.on.ca/services/transportation/)

## **Arrivals and Departures**

Please ensure you arrive early so you can be directed to the class location prior the beginning of class instruction. If you need to leave a class early, please be considerate of other participants, and leave quietly.

## **What to Bring**

Come prepared with appropriate shoes and clothing to workout in, a bottle of water, and the right attitude to participate.

## **Contact**

If you are a resident of Durham Region and interested in registering for an exercise or falls prevention class, please call 905-697-4408 or email [lmarrison@communitycaredurham.on.ca](mailto:lmarrison@communitycaredurham.on.ca).

## **Related Services**

[communitycaredurham.on.ca/services/transportation/](http://communitycaredurham.on.ca/services/transportation/)