

Boosting Balance & Bone Health

Boosting Balance & Bone Health is a 4-week program, run by the BFHT Occupational Therapist in the community. It is designed to gradually improve balance and strength to avoid falls and maintain independence as well as educate individuals on keeping bones healthy.

PROGRAM GOALS:

- 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.
- Learning different types of exercise most valuable to building bone health.
- Reviewing daily requirements for calcium and vitamin D and how to get them from food products.
- Identifying and implementing changes in your lifestyle to improve bone health.



WHO IS THIS PROGRAM FOR?

The program is 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.



How to join: Call the Burlington Family Health Team at 905-333-8222

Location: Burlington Public Library

For more information, please contact: BFHT at 905-333-8222

