



EXERCISE AND FALLS PREVENTION / COPD / STROKE CLASSES DUFFERIN COUNTY

Exercise and falls prevention classes will continue in multiple locations throughout the Central West LHIN. No fees will be charged and there will be no limit to the number of classes a senior may attend. The Central West LHIN will lead classes at the following locations:

ORANGEVILLE – EXERCISE AND FALLS PREVENTION

Name	Address	Provider & Time
Avalon Retirement Lodge	355 Broadway Ave	Tue, Thu 9:15am-9:45am * Wed 1pm-1:30pm
Bethsaida Retirement Home	3 Hillside Dr	Thu 11:15am-12noon
Dufferin Area Family Health Team, Highlands Health Network	140 Rolling Hills Dr, Unit 100	Fri 9:30am-10:30am
Hospice Dufferin – W and M Edelbrock Centre	W and M Edelbrock Centre 30 Centre St	Mon 9am-10am
Lord Dufferin Centre	32 First St	Mon, Wed, Fri 10:45am-11:30am * Thu 1pm-1:45pm
Montgomery Village	155 Riddell Rd	Mon, Tue, Thu 10am-10:45am, 11am-11:30am * Thu 1:30pm-2:30pm * Fri 11am-11:30pm



ORANGEVILLE – COPD

Name	Address	Provider & Time
Tony Rose Memorial Sports Centre	6 Northmen Way	Tue, Thu 1pm-2pm

ORANGEVILLE – STROKE

Name	Address	Provider & Time
Tony Rose Memorial Sports Centre	6 Northmen Way	Tue, Thu 2:15pm-3:15pm

SHELBURNE – EXERCISE AND FALLS PREVENTION

Name	Address	Provider & Time
Mel Lloyd Centre – New Horizons Seniors Centre	167 Centre St	Wed 9:15am-9:45am, 10am-10:45am
Shelburne Residence Retirement Home	200 Robert St	Tue 10am-10:30am * Thu 9am-10am, 10am-10:30am

GRAND VALLEY – EXERCISE AND FALLS PREVENTION

Name	Address	Provider & Time
Grand Valley and District Community Centre	90 Main St N	Wed 11am-12noon



The Central West LHIN and the Ministry are working together to ensure seniors continue to receive physiotherapy. If some classes have not been identified, the LHIN will continue to work to ensure replacement classes are available as soon as possible

Public inquiries are being directed to the Central West LHIN Physiotherapy phone number 1-888-733-1177 ext 7744 who will respond and help residents navigate any physiotherapy services related to exercise and falls prevention or In-Home Physiotherapy

