



EXERCISE AND FALLS PREVENTION / COPD / STROKE CLASSES ETOBICOKE

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:

ETOBICOKE – EXERCISE AND FALLS PREVENTION

Name	Address	Class Times
Fellowship Presbyterian Church	80 Thistle Down Blvd	Thu 10am-11am
Kipling Acres	2233 Kipling Ave	Mon 9:30am-10:30am, 4pm-5pm * Wed 9:30am-10:30am * Fri 9am-10am, 4pm-5pm
Rexdale Community Hub	21 Panorama Court	Wed 9am-10am, 10:30am-11:30am
Thistle town Community Centre	925 Albion Rd	Tue 1pm-2pm, 2:15pm-3:15pm
Westway Christian Church	6 Kilburn Place	Thu 1pm-2pm, 2:15pm-3:15pm



ETOBICOKE – COPD

Name	Address	Provider & Time
Rexdale Presbyterian Church	2314 Islington Ave	Mon, Wed 1pm-2pm

ETOBICOKE – STROKE

Name	Address	Provider & Time
Rexdale Community Hub	21 Panorama Court	Mon, Thu 1:30pm-2:30pm

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

