Movement is good medicine!

Talk to your care team about the senior-friendly approach for mobilization.

Ask Us:

✔ What if I don’t feel like exercising?
✔ How much physical activity is right for me?
✔ What are some easy ways to include physical activity in my daily life?
✔ Would a specialized program help me increase my strength and ability to move?
✔ Can you give me a few good reasons why moving more will be helpful for me?

or anything else...

Your care is why we’re all here!

sfCare
Senior Friendly Care

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