YMCA of
Hamilton | Burlington | Brantford
LiveWell

# Balance+
## Falls Prevention Program

Fall are prevalent amongst people over the age of 65 and can significantly change a senior's life. It is estimated that one in three seniors are likely to fall at least once per year [World Health Organization (WHO), 2007]. A fall for a senior can mean disability, change in level of function, loss of independence, change in living arrangements or even death.

In response to this health concern, the YMCA has partnered with the HNHB LHIN to provide a free community exercise program at the five local membership centres. The program is 12 weeks in length and consists of two exercise programs a week. The program will challenge strength, balance, flexibility and endurance in an effort to reduce the risk of falling.

Register at the membership desk today! Space is limited to 35 participants.

**Brantford Family YMCA**

| | | |
|---|---|---|
| Monday | 11:00 am – 12:00 pm | Studio |
| Friday | 11:00 am – 12:00 pm | Studio |

**Flamborough Family YMCA**

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|---|---|---|
| Monday | 1:00 pm – 2:00 pm | Gym 1 and 2 |
| Thursday | 1:00 pm – 2:00 pm | Gym 1 and 2 |

**Hamilton Downtown**

| | | |
|---|---|---|
| Thursday | 11:00 am – 12:00 pm | Studio |
| Saturday | 11:00 am – 12:00 pm | Studio |

**Les Chater Family YMCA**

| | | |
|---|---|---|
| Wednesdays | 11:30 am – 12:30 pm | Gym |
| Fridays | 11:30 am – 12:30 pm | Gym |

**Ron Edwards Family YMCA**

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|---|---|---|
| Tuesday | 11:30 am – 12:30 pm | AB Room |
| Thursday | 11:30 am – 12:30 pm | Community Room |

## Charitable Mission

The YMCA of Hamilton/Burlington is a charitable organization helping people achieve personal growth in spirit, mind and body through participation and service to the community.

## Our Vision

Creating healthy communities in which individuals and families have opportunities to reach their potential.

## Core Values

Caring, Honesty, Respect and Responsibility.

## Membership Assistance

As a charitable organization, the YMCA strives to serve all segments of the community, including those with limited financial means. Donors to the YMCA make this possible. If financial circumstances are limiting your ability to participate, assistance may be provided.

Please contact us for more information. All inquiries will be held in strict confidence.

**For more information please contact or visit us at:**

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|---|---|
| Brantford Family YMCA | (519) 762-6568 |
| Flamborough Family YMCA | (905) 690-3555 |
| Hamilton Downtown YMCA | (905) 529-7102 |
| Les Chater Familly YMCA | (905) 667-1515 |
| Ron Edwards Family YMCA | (905) 632-5000 |

**ymcahbb.ca**

United Way Charitable Registration # 10808 3825 RR0001

Hamilton Health Sciences

McMaster University

Live Well Strengthening lives together