

Wellness Programs

Personalized programs to suit every individual's needs

These Programs strive to address all components of physical, emotional, social, spiritual, intellectual and vocational wellness. It calls for people to be active partners in their own well-being rather than customers of health services.

URBAN POLING

Give walking a new twist by using the urban poles to enhance the exercise benefits of walking. Training sessions are available and once trained, poles can be rented or purchased through the Community Outreach office.

INDOOR WALKING CLUB

Offered Monday through Friday, between 9 a.m. and 11 a.m.
Remain active by walking regularly with friends on a flat, dry and safe walking environment at the Perth East Recreational Complex.

IN-HOME EXERCISE

Exercise classes are designed for those of all ages, especially the older adult, with the guidance of trained leaders. It provides the opportunity to improve balance, strengthen muscles, heart, and mind.

GROUP FITNESS

This higher intensity class includes balance, strength and cardio exercises. Learn how to improve your stability and prevent falls. By the end of this class, you should be able to complete squats, speed walk and use equipment such as weights and resistant bands.

GENTLE GROUP FITNESS

The gentler version of our Group Fitness class is great for individuals with limited mobility. Achieve your goal of walking for short durations by completing balance, strength and cardio exercises while seated or standing. Participants with higher levels of mobility are welcome as well.

CHAIR YOGA

This program focuses on proper breathing and gentle postures. Postures strengthen the body and promotes flexibility and balance & breath work calms the nervous system, reduces stress and improves the mind/body connection.

*Programs are organized and sponsored by
Community Outreach Services - Milverton*



How to access these services:

1. Call our office at 519-595-8755
2. Complete a confidential Client Intake Form.
3. Provide us with personal information about you (i.e. address, phone number, date of birth, doctor); this will be kept confidential.
4. Provide an emergency contact and phone number.
5. Fees for some programs will be discussed with you at this time.

*For additional information,
contact our office*

**50 William Street
PO Box 453
Milverton, Ontario N0K 1M0
Phone: 519-595-8755
Fax: 519-595-7755**

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| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------|---|--|---|---|---|
| GROUP FITNESS | | 9:30 AM - 10:30 AM ROSTOCK HALL 10:00 AM - 11:00 AM MILVERTON MENNONITE FELLOWSHIP CHURCH 7:00 PM - 8:00 PM MILLBANK HERITAGE CHURCH 6:00 PM - 7:00 PM ROSTOCK HALL | | 10:00 AM - 11:00 AM MILVERTON MENNONITE FELLOWSHIP CHURCH 7:00 PM - 8:00 PM MILLBANK HERITAGE CHURCH 6:00 PM - 7:00 PM ROSTOCK HALL | 9:30 AM - 10:30 AM ROSTOCK HALL |
| GROUP FITNESS GENTLE | 10:00 AM - 11:00 AM ST. PETERS LUTHERAN CHURCH, MILVERTON 10:30 AM - 11:30 AM COUNTRY MEADOWS RETIREMENT HOME, BRUNNER | 10:30 AM - 11:30 AM COUNTRY MEADOWS RETIREMENT HOME, BRUNNER | | 10:00 AM - 11:00 AM ST. PETERS LUTHERAN CHURCH, MILVERTON 10:30 AM - 11:30 AM COUNTRY MEADOWS RETIREMENT HOME, BRUNNER | 10:30 AM - 11:30 AM COUNTRY MEADOWS RETIREMENT HOME, BRUNNER |
| CHAIR YOGA | | | | | 10:00 AM - 11:00 AM ST. PETERS LUTHERAN CHURCH, MILVERTON |
| INDOOR WALKING | 9:00 AM - 11:00 AM PERTH EAST RECREATIONAL COMPLEX | 9:00 AM - 11:00 AM PERTH EAST RECREATIONAL COMPLEX | 9:00 AM - 11:00 AM PERTH EAST RECREATIONAL COMPLEX | 9:00 AM - 11:00 AM PERTH EAST RECREATIONAL COMPLEX | 9:00 AM - 11:00 AM PERTH EAST RECREATIONAL COMPLEX |

**** ALL CLASS TIMES ARE SUBJECT TO CHANGE; PLEASE CALL TO CONFIRM ****