

SMART PROGRAM

Senior Fitness Sites:

Kingston Alliance Church
Bath Road & Palace Road
(Tue. 10 am)

St. Andrew's Presbyterian Church
130 Clergy Street East
(Wed. 10 am)

**St. Andrew's by the Lake
United Church**
1 Redden Street (Front & Days Road)
(Wed. 1 pm)

St. Mark's Anglican Church Hall
268 Main Street, Barriefield
(Thurs. 9:30 am)

St. Philomena's Catholic Church Hall
Howe Island
(Mon. 9 am)

The Grace Centre
4295 Stagecoach Road, Sydenham
(Mon. & Thurs. 10 am)

Contact:

Joanne Irvine
SMART Program Coordinator
613-634-0130 Ext.414

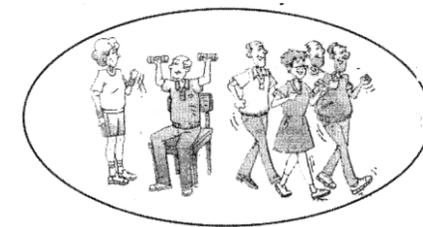
Benefits From Regular Physical Activity:

- ◆ Continued independent living
- ◆ Improved quality of life
- ◆ More energy
- ◆ Move with fewer aches and pains
- ◆ Better posture and balance
- ◆ Weight maintenance
- ◆ Stronger muscles and bones
- ◆ Improved self-esteem
- ◆ Relaxation and reduced stress

Being Active Also Reduces The Risk Of:

- ◆ Heart disease
- ◆ Falls and injuries
- ◆ Obesity
- ◆ High blood pressure
- ◆ Diabetes II
- ◆ Osteoporosis
- ◆ Stroke
- ◆ Depression
- ◆ Colon cancer

EXERCISE CLASS



SMART Program

Seniors

Maintaining

Active

Roles

Together

A community based exercise program for
adults 55+ sponsored by
Victorian Order of Nurses
Ontario-Canada Branch
Greater Kingston Site



*Touching Lives Since
Au coeur de la vie depuis 1897*



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Who Can Join?

Any older adult 55+ who would like to:

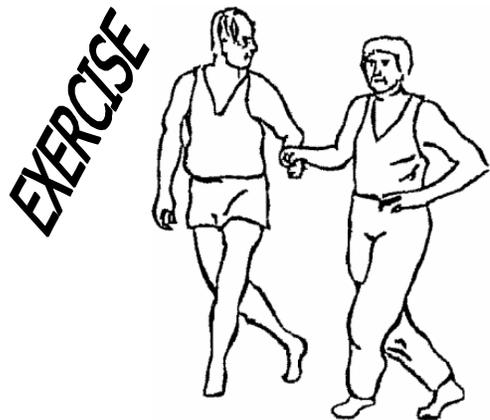
- ♦ Improve their health and well being
- ♦ Improve or continue being able to do activities of daily living
- ♦ Prevent health complications associated with being inactive
- ♦ Meet new people and develop friendships

What is the cost?

20 week session \$60 per session.

12 week session \$40 per session.

Pay as you go \$4 for each exercise class.



The SMART Program

Seniors Maintaining Active Roles Together

The program will promote greater well being amongst adults 55+.

This fun, gentle exercise program, led by certified instructors, will include:

- ♦ Exercise everyone can participate in from chair exercise to walking.
- ♦ Exercise that will improve general fitness, strength, balance, mobility and energy levels.
- ♦ Monitoring of exercise effort during the class to increase safety and effectiveness of program.
- ♦ Information on how to live an active and healthy life everyday.



To Register

Last Name: _____

First Name: _____

Address: _____

Postal Code: _____

Phone #: _____

Choose Location of Class : _____

(see back page for Locations)

Mail to:

Joanne Irvine

SMART Program Coordinator

VON Canada-Ontario Branch

Greater Kingston Site

737 Arlington Park Place – Lower level

Kingston, Ontario K7M 8M8

For more information or any questions regarding the class,

Please call:

Joanne Irvine (613)634-0130 xt.414

