



TIME WELL SPENT

SENIOR WELLNESS

www.TimeWellSpentBC.com



In-Home CareFit Exercise for Seniors

We bring the exercise class to you! Time Well Spent provides an in-home CareFit exercise program for seniors living in the Tri-Cities. Our instructor is trained and certified by Fraser Health Falls and Injury Prevention.

Who can participate?

- Seniors living with mobility or cognitive challenges due to dementia, stroke recovery, arthritis, physical disability, or other impairments.
- Individuals who are unable to participate in a group fitness class offered in the community due to physical and/or cognitive concerns.
- May use a mobility aid such as a walker, cane, wheelchair or scooter.
- No fitness or exercise experience is required.

Benefits:

- Our exercise program is designed to improve coordination, balance, strength, functional ability, independence and quality of life.
- Each class includes warm-up exercises, functional movement, agility activities, strength building, stretches, and a social interaction component.
- Our staff specialize in working with older adults.

All COVID-19 protocols are strictly followed. Please visit www.timewellspentbc.com for more information.

Please contact us for pricing information.

About Us

Time Well Spent Senior Wellness provides engaging, purposeful activities to support seniors and their caregivers.

We serve the Tri-Cities including Coquitlam, Port Coquitlam, and Port Moody.

Give us a call!

Christine Chipman

Recreation Therapist

(778) 984-7144

info@timewellspentbc.com

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