

SPECIALIZED WELLNESS PROGRAMS

RECOVERY & EXERCISE PROGRAMS

How to Register...
Our wellness programs have been developed jointly by the Saskatoon Health Region and the City of Saskatoon Community Services Department. Your doctor's consent may be required prior to registering for these classes.

For Saskatoon Field House programs call 975-3121 for more information & application forms. To register call 975-3354.

Staying on Your Feet

Do you want to learn ways to help improve your balance and reduce your risk of falling? This progressive exercise program will help to improve balance, strengthen core muscles and educate you about fall prevention. Led by a Certified Wellness Consultant with support from Physical and Recreation Therapy of Forever...inMotion. Saskatoon Field House

Apr 10-Jun 21 Tu, Th 11:00 AM-12:00 PM \$73.75 28421



The program below is offered through the Saskatoon Health Region. Please call 655-4595 for more information.

Stroke and Parkinson's Exercise Program

These programs are supervised by an exercise therapist through the Saskatoon Health Region with the aim to improve functional ability through improving fitness. The program includes stretching, strengthening, balance and mild aerobic activities.

Saskatoon Field House

Stroke Exercise

Tu/Th 01:00 PM-02:15 PM

Parkinson's Exercise

Tu/Th 02:30 PM-04:00 PM



The First Step Program™

If you have pre-diabetes, diabetes, high blood pressure, arthritis, osteoporosis, increased body weight, abnormal cholesterol and/or chronic kidney disease, First Step can help to improve your quality of life and help reduce the risk of developing future health concerns.

The First Step Program™ is a supervised exercise and education program for individuals looking to make exercise a regular part of their life. You will be assigned a highly trained exercise specialist who will access your own individual needs and design an exercise program specifically for you.

Exercise sessions are three times per week at the Saskatoon Field House (Tuesday & Thursday Mornings and Evenings & Saturday Mornings).

THE FIRST STEP
PROGRAM

For more information and application forms, please call 975-3121 or visit www.saskatoon.ca/go/firststep



ACTIVE AGERS

For those 50+

REGISTERED PROGRAMS

ADULT PROGRAMS
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