

Type		Address/Phone Number	Programs
Education/Exercise/ Pain management	The Arthritis Society www.arthritis.ca	Rapids Family Health Team 1150 Pontiac Dr. Sarnia, Ontario 1-519-433-2191 ext 1221	Arthritis Rehabilitation and Education Programs -Community Based Rehab with individual consultation and group education sessions. Topics Include: <ul style="list-style-type: none"> • Dealing with pain • Arthritis Medication • Exercises to improve strength/reduce stiffness • Ways to be active and minimize joint stress • Coping emotionally with arthritis • Self-management strategies *Can self-refer- see online referral form or call office*
Exercise and Falls Prevention	Victorian Order of Nurses (VON)	1705 London Line Sarnia, Ontario	SMART- Seniors Maintaining Active Roles Together -Group exercise and falls prevention classes for older adults and people with mobility issues- aim to improve strength and balance. *Call to Register- no referral required- FREE*
Exercise/ Pain Management/ Smoking Cessation	Grand Bend Area Community Health Centre	69 Main St. E Grand Bend, Ontario 519-238-2362	Community Health Centre- Most medical services covered by OHIP. -Various Exercise programs: <ul style="list-style-type: none"> • Healthy Lifestyle Program • Functional Fitness Exercise Program -Geared to seniors with limited mobility • Healthy Cardio Exercise Program • Gentle Exercise Program -stretching, strength, and gently aerobics using chairs and the wall Smoking Cessation Individual or Group Persistent Pain Management and Support Groups

Pool Therapy	Pathways Health Centre	1240 Murphy Road Sarnia, Ontario 519-542-3471 x 279 www.pathwayscentre.org	<ul style="list-style-type: none"> • Therapeutic Aqua Fitness Class – low impact exercise class focusing on core strength, ROM and flexibility • Sues Aqua Energy Class- an active, fun, upbeat class that will keep you moving • Go to pathways website, to create an account on amelia, click on find an organization. Create an account to register and pay on line for classes. • AquaWalk – a walking program in the water. The class provides a low impact cardio workout while having less stress on bones, joints and muscles. This class is in the leisure pool, with warmer water. • Aquafit – A water based class that provides a wide variety of movements, giving you a cardiovascular workout using water as added resistance with less joint impact. Classes often incorporate strength, core stability, and stretching. Suitable for all fitness levels with options and modifications provided for all levels of ability and intensity. • Non members can purchase a day pass for \$13.00 and use the facility for multiple activities.
	YMCA- Sarnia	1015 Finch Dr. Sarnia, Ontario 519-336-9622 www.ymcaswo.ca	

	YMCA- Petrolia	<p>360 Tank Street Petrolia, Ontario 519-882-2232 www.ymcaswo.ca</p>	<ul style="list-style-type: none"> • Therapy Aerobics – This program is held in the warm water therapy pool to help soothe your joints and muscles while allowing you to have increased flexibility. This class helps retain and improve strength, flexibility, and range of motion while providing a low intensity cardio workout. • AquaWalk – a walking program in the water. The class provides a low impact cardio workout while having less stress on bones, joints and muscles. • Aquafit – A water based class that provides a wide variety of movements, giving you a cardiovascular workout using water as added resistance with less joint impact. Classes often incorporate strength, core stability, and stretching. Suitable for all fitness levels with options and modifications provided for all levels of ability and intensity. • Non members can purchase a day pass for \$ 10 , and use the facility for multiple activities. • Arthritis/Fibro/Post Rehab Water Exercise Class This program includes water exercise ideal for post rehab, arthritis, or those unable to participate in land based exercise due to surgery, orthopaedic or other injury
	Mooretown Sports Complex	<p>1166 Emily St St. Clair, ON 519-867-2651</p>	

			<ul style="list-style-type: none"> • Shallow Water Aerobics- low/no impact exercise program is geared to all fitness levels and age groups • Deep Water Aerobics – no impact deep water exercise program is geared to individuals comfortable in deep water using a floatation device. <p>\$7 per class, \$5.75 for seniors (60+) 10 pass card for \$55</p>
Exercise Classes	YMCA	1015 Finch Dr. Sarnia, Ontario 519-336-9622	<p>Exercise/Stretching Classes:</p> <ul style="list-style-type: none"> • Y-Stretch Designed for the older adult with balance, flexibility and co-ordination. • FitWalk • Muscle Works • Muscle Works- Light Strength based geared toward beginners and older adults. Focuses on strength, endurance, and posture. Able to suit all fitness levels • Social Cycle 30 minute, low intensity cycle where participants are encouraged to chat. Social gathering with some movement <p>*Must have YMCA Membership* Prices between \$47-67 per month for 60+</p>

Exercise Classes	Strangway	260 East St., N Sarnia, Ontario 519-332-0656	<p>Various seniors' fitness classes offered.</p> <ul style="list-style-type: none"> • Build your bones Cardio and weight training in a fun exercise class • Chair Yoga Practice yoga poses while seated • FunFit Low impact exercise and cardio using free weights and bands to build bone density
Education/Exercise Classes/Dieticians/Smoking Cessation	North Lambton Community Health Centre	<p>North Lambton CHC (Forest): #3—59 King Street West Forest, Ontario Phone: 519-786-4545</p> <p>North Lambton CHC (Kettle Point): 6275 Indian Lane Forest, Ontario Phone: 519-786-2700</p> <p>East Lambton CHC: 536 Simcoe Street, PO Box 689 Watford, Ontario Phone: 519-333-2747</p> <p>West Lambton CHC: Suite 100, 429 Exmouth Street Sarnia, Ontario Phone: 519-344-3017</p>	<p>Many Resources available. Some may require you to be a current client at the Community Health Centre.</p> <p>Please call to inquire about options available.</p>
Exercise Classes	Lambton Elderly Outreach	<p>Alvinston Community Centre 3310 Walnut St Alvinston, ON 519-898-2150</p> <p>Wyoming Legion 493 Erie St.</p>	<p>Forever Fit – classes range from walking programs, chair yoga, walking pole classes</p> <p>Each location has their own classes. Please call location for the schedule FREE*</p>

		<p>Wyoming, ON 519-845-0072</p> <p>Thompson Gardens Apt – 198 Beckwith St. Corunna, ON 519-862-2629</p> <p>Sombra Community Hall 152 Smith St 519-333-8224</p>	
Physiotherapy Clinics (OHIP funded)	<p>Sam Shuqair Physiotherapy</p> <p>Sarnia Community Care Physiotherapy</p> <p>Petrolia Rehabilitation</p>	<p>195 Harkness Street Sarnia 519-344-7581</p> <p>150 Christina Street North Sarnia 519-336-0588</p> <p>Unit 3, 4119 Petrolia Line Petrolia 519-882-3076</p>	<p>Physician referral required Eligibility: Clients over age 65, under age 19; <i>or</i> Receiving ODSP or Ontario Works;</p> <p>For more information please visit: http://www.health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx</p>
Foot Care Services	<p>Chiropody</p> <p>Foot Care Nursing</p> <p>Foot Care and Orthotics</p>	<p>Various providers available Please visit https://www.erieclairhealthline.ca/listServices.aspx?id=10616&region=SarniaLambton</p>	<p>Foot care and/or orthotics may provide additional support in management of hip and knee arthritis through relief of foot conditions affecting walking, and improved joint alignment.</p>
Mobility Aids/Braces Medical equipment and supplies	<p>Aids for walking</p> <p>Supports for joints</p> <p>Home medical equipment</p>	<p>Various providers available Please visit https://www.erieclairhealthline.ca/listServices.aspx?id=10830&region=SarniaLambton</p>	<p>Mobility aids and other devices can support pain management through reduced stress on joints</p>