

Welcome to the Program:

Benefits for participants include:

- Increased physical activity,
- Development of new skills,
- Promotion of independence,
- Improved quality of life,
- Support and education,
- Fostering of new friendships,
- Connection to the community



**People for a
Healthy
Community**

Stepping Up-Stepping Out Provides:

- A warm welcome at the door and a cup of tea or coffee upon arrival,
- A safe, supportive environment,
- A tasty, nutritious lunch between 12:00 and 1:00pm,
- Exercises designed to improve strength, balance and coordination with a focus on fall prevention and functional ability,
- Activities supporting cognitive, emotional and social stimulation including arts and crafts, music, storytelling and memory skills,
- Choices for participants: Activities will be tailored to the abilities and interests of those attending.



Stepping Up - Stepping Out

Who you will meet at the Program:

- the Seniors' Program Coordinator,
- Friendly volunteers to help you with various aspects of the program,
- Other program participants from the community; many who you may already know.



Stepping Up - Stepping Out

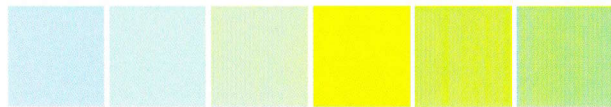


Are you an older adult who would like to improve your memory, balance or social connections?

Then consider participating in the new **Stepping Up-Stepping Out Program**

How? Get a Referral from:

- Your Family Doctor,
- Seniors' Outreach Social Worker,
- Community Social Worker, or
- Gabriola Mental Health Nurse



To be Eligible you must:

- Be able to walk or move independently, (or be accompanied by a helper)
- Self administer medications, and
- Be willing to provide feedback on the Program.

Stepping Up - Stepping Out



Contact:

Suzette Delmage

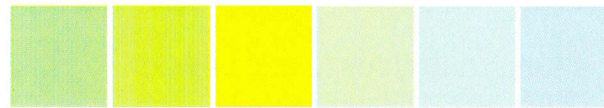
PHC Seniors' Program Coordinator

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People for a Healthy Community (PHC)

is a non-profit, social service agency, dedicated to building a healthier, more vibrant community by improving the health and wellbeing of all of Gabriolans.

Thank you to the following organizations & businesses for their generous support.

- BC Community Action Initiative
- Canadian Mental Health Association
- New Horizons
- Vancouver Island Health Authority
- Gabriola Auxillary for Island Health
- Gabriola Health Care Foundation
- Gabriola Lions Club
- Rollo Seniors' Centre
- Village Food Market

Stepping Up - Stepping Out



**People for a
Healthy
Community**

Join our new Seniors' Program



Stepping Up-Stepping Out



**Every Monday at the Rollo Centre,
from 11:30am to 3:00pm
685 North Road, Gabriola Island**

Neighbours Helping Neighbours