



Exercise and Falls Prevention Programs - Mississauga Halton

Exercise classes with a focus on falls prevention help older adults stay healthy, active, and mobile. Classes are publicly-funded and held at various community locations. There is no fee for eligible participants.

These services are located in Mississauga Halton

- ▶ [Acclaim Health - Community Support Services - Home Support Exercise Program](#)
Main Office, 2370 Speers Rd, Oakville, ON L6L 5M2
905-827-8800
- ▶ [ESS Support Services \(Etobicoke Services for Seniors\) - Falls Prevention Program and Group Exercise Classes for Older Adults](#)
48A Rosemount Ave, York, ON M9N 3B3
416-243-0127
- ▶ [Halton Healthcare - Oakville Trafalgar Memorial Hospital - Geriatric and Senior Specialty Services - Falls Prevention Clinic](#)
3001 Hospital Gate, Level 1, North Block, Area A (Outpatient Rehabilitation), Oakville, ON L6M 0L8
905-338-4362
- ▶ [Halton Hills. Recreation & Parks - Georgetown Hillsview Active Living Centre - Together in Movement and Exercise](#)
Hillsview Active Living Centre, 318 Guelph St, Georgetown, ON L7G 4B5
905-873-2600 ext 2360
- ▶ [Lifemark Seniors Wellness](#)
1 Yonge St, Suite 402, Toronto, ON M5E 1E6
1-877-696-1620
- ▶ [Lifemark Seniors Wellness - Community Step Up Program](#)
1 Yonge St, Suite 402, Toronto, ON M5E 1E6
1-800-315-4417
- ▶ [Lifemark Seniors Wellness - Exercise and Falls Prevention and Osteoporosis Program](#)
1 Yonge St, Suite 402, Toronto, ON M5E 1E6
1-877-696-1620
- ▶ [Lifemark Seniors Wellness - Halton - Exercise and Falls Prevention Classes](#)
Birkdale Place, 611 Farmstead Dr, Milton, ON L9T 4M3
1-877-696-1620
- ▶ [Lifemark Seniors Wellness - Milton - Birkdale Place Retirement Residence - Community Step Up Program](#)
Birkdale Place Retirement Residence, 611 Farmstead Dr, Milton, ON M5E 1E6
1-855-315-4417
- ▶ [Trillium Health Partners - Credit Valley Hospital - Falls Prevention and Bone Health Program \(Progression\)](#)
Credit Valley Hospital, Seniors' Services 1F, 2200 Eglinton Ave W, Mississauga, ON L5M 2N1
905-813-1100 ext 5415
416-521-4090
- ▶ [Trillium Health Partners - Credit Valley Hospital - Geriatric Assessment Clinic / Seniors Health Clinic](#)
Credit Valley Hospital, Seniors' Services 1F, 2200 Eglinton Ave W, Room 1A100, Mississauga, ON L5M 2N1
905-813-1100 ext 5415

- ▶ [Trillium Health Partners - Queensway Health Centre - Falls Prevention and Bone Health Program \(Progression\)](#)
Queensway Health Centre, 2nd Floor Medical Clinics, 150 Sherway Dr, Etobicoke, ON M9C 1A5
416-521-4090
905-813-1100 ext 5415
- ▶ [Trillium Health Partners - Queensway Health Centre - Geriatric Assessment Clinic / Seniors Health Clinic](#)
Queensway Health Centre, 150 Sherway Dr, 2nd Floor, Medical Clinics, Etobicoke, ON M9C 1A5
416-521-4090
- ▶ [Victorian Order of Nurses - Peel Region - Community Support Services - Seniors Maintaining Active Roles Together \(SMART\) Enhanced Program](#)
78 William St, Mississauga, ON L5M 1J3
905-821-3254 ext 4216

These services are located outside of Mississauga Halton, but provide service to Mississauga Halton.

- ▶ [Alzheimer Society of Hamilton Halton - Burlington Location - Sit to Be Fit](#)
4391 Harvester Rd, Unit 8, Burlington, ON L7L 4X1
905-768-4488
- ▶ [Carefirst Seniors and Community Services Association - Wellness and Outreaching Program - Group Exercise - Toronto](#)
300 Silver Star Blvd, Toronto, ON M1V 0G2
416-847-8939
- ▶ [Circle of Care - Group Exercise](#)
4211 Yonge St, Suite 401, Toronto, ON M2P 2A9
416-635-2860
- ▶ [Circle of Care - Group Exercise - Beth David Synagogue](#)
55 Yeomans Rd, Toronto, ON M3H 2J3
416-635-2900 ext 141
- ▶ [COTA Health - Providence Healthcare - Acquired Brain Injury Adult Day Service](#)
3276 St Clair Ave E, Rm K112 (1st Fl), Toronto, ON M1L 1W1
416-755-2239 ext 0
- ▶ [Sunnybrook Health Sciences Centre - St John's Rehab Program - Falls Prevention Program \(Progression and Maintenance\)](#)
285 Cummer Ave, Toronto, ON M2M 2G1
416-224-6948
- ▶ [Virtual Care Rehab](#)
PO Box 36061, RPO York Mills Leslie, Toronto, ON M3B 0S3
1-888-927-3422

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