



Health & Wellness Program Scope of Service

Caledon Community Services' Health and Wellness Program is available to individuals who are 55 years of age and older and is provided in various locations across Caledon and at the Exchange in Bolton.

The Health and Wellness Program is intended to improve the total health of individuals through activities for the mind, body and spirit. Specific activities may include; expressive arts; memory enhancement; self-management; seasonal events; exercise and falls prevention; nutrition; along with healthy meals and socialization. Registration is recommended but not required. Activities are provided by the Health and Wellness Program Coordinator along with other Caledon Community Services (CCS) volunteers.

The Health and Wellness Program is offered free of charge (a materials fee may apply to specific programs). Activities are provided at each location one day per week in 2-3 hour blocks, between 10 AM – 4 PM Monday through Friday. The Health and Wellness Program is designed to serve seniors who are able to attend programs independently and manage their own personal care.

Funding for this program is provided in part by the Central West Local Health Integration Network.

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