



Health and Wellness Program

Eligibility Criteria

Individuals must be:

- 55 years of age or older.
- Able to attend programs independently or follow the direction of a care giver who attends along with them.
- Able to attend to their own personal needs and care while in attendance, if attending alone.

Transition

Given the nature of the programs there is no formal transition process.

Exit Criteria

Individuals who are unable to participate independently, or who do not have a care giver to accompany them, are not suitable for this program.

Date Approved: March 2016