



# ***SENIORS WELLNESS PROGRAM***

*Central Brampton FHT*

**Our Seniors  
Wellness Program  
is a health  
promotion and  
preventative  
program designed  
to increase access  
to healthcare.**

***The goal of our program is to assist adults 60 and older lead their best quality of life, as independently as possible.***



We provide health care services to seniors (and family, when necessary) with any the following medical concerns:

- Care coordination/ patient navigation
- Weight and/or nutritional concerns
- Polypharmacy
- Frequent falls/mobility concerns
- Functional decline (ADL & IADL concerns)
- Psychosocial concerns
- Advanced care planning

To make a referral to our program, kindly complete the Program Referral Form attached.



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