



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.



2130 North Park Dr, Suite 238
Brampton ON L6S0C9
Tel: 289-499-2239
Fax: 289-720-2630