



CANADA

Join the VON SMART Program!

A Functional Fitness Program for Adults 55+

About Us

The Victorian Order of Nurses (VON) is a national not-for-profit healthcare organization. We are dedicated to providing quality home care & community support services to all Canadians.

What is the SMART Program?

- Gentle, yet challenging, group exercise classes designed for community members 55+
- Exercises can be tailored to meet the needs & ability levels of participants.
- Two classes per week at each site

*More details on reverse



Benefits of Exercise Programs

- Increase strength, balance & flexibility
- Improve mobility & independence
- Prevent falls
- Improve heart and lung function
- Decrease bone loss
- Opportunities to meet new people & socialize

Further Details

- The SMART Program is based on international guidelines for exercise in older adults
- All Exercise Leaders receive training from VON to lead SMART group classes
- Program Coordinators or Exercise Leaders conduct initial participant assessments
- Participants are encouraged to work at their own pace and most exercises can be adapted to accommodate physical limitations
- We strive to maintain a consistent exercise class schedule each week

For more info, contact your nearest VON branch:

Sudbury	705-671-1575
Algoma	705-942-8200
Manitoulin	705-377-4225

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