



Help prevent falls & fractures in your long term care home by promoting strength and balance exercises and safe movements.

# Hip fractures are one of the leading causes for hospitalization in long-term care.

This NEW video series features information for:

- Personal Support Workers (PSWs)
- Physiotherapists and Physiotherapist Assistants
- Group Exercise Trainers and Exercise Professionals
- Restorative Care Staff

VISIT: <http://gerascentre.com/osteoporosis-long-term-care-video-gallery/>

 OSTEOPOROSIS

 UNIVERSITY OF WATERLOO  
FACULTY OF APPLIED HEALTH SCIENCES  
Department of Kinesiology

 Geras  
Centre for Aging Research

 ONTARIO  
Osteoporosis  
Strategy