



PARTNERING WITH THE COMMUNITY TO PREVENT EARLY MOBILITY DECLINE

Have you noticed that it's getting more difficult for you to walk long distances?

We are looking for adults and older adults with **early changes in their mobility** to take part in a study looking at whether people who are noticing changes in their walking ability show improvements in walking and balance after completing one of three FREE 12-week programs.

1. The **Stepping-Up Program** (includes virtual group exercise and self-management education)
2. The **Telephone-Based Walking Program** (includes telephone coaching from a physiotherapist)
3. The **Chair-Based Yoga Program** (includes virtual group yoga sessions)

You may be eligible to take part if you...

- Are experiencing recent changes in the way you walk 2 kilometres
- Are 55-75 years of age
- Do not use a walking aid
- Can be active for 60 minutes
- Have a laptop computer and internet capabilities of running the video-conferencing platform Zoom®
- Have an email address

There is no cost to participate.

For more information or to see if you are eligible, please contact Susanne Sinclair
Email: ssincla@mcmaster.ca