



Seniors Active Living Fair

Wednesday, November 19, 2025
10:00am - 2:00pm

Ron Edwards Family YMCA
500 Drury Lane, Burlington, ON
(905) 632-5000

FREE to the community.
No registration required.

SPEAKERS: 10:30 - 11:30am
YMCA DEMONSTRATIONS:
Falls Prevention/Balance+:
12:00-12:30pm
Gentlefit & Activator Walking Poles:
12:45 - 1:15pm

If you are interested in being an exhibitor
10:00am to 2:00pm **please contact:**
ymcahbb.ca/seniors

A Step Ahead: Understanding and Preventing Falls

Falls are the leading cause of injury, especially among older adults, but they are preventable with the right strategies and awareness. This workshop will equip you with the knowledge and tools needed to reduce the risk of falls in everyday life. Whether you're looking to protect yourself, a loved one, or a community, this workshop will provide techniques to stay safe and maintain independence for years to come.



Tess Ewert Zehr, is an Occupational Therapist with Burlington Family Health Team. She is the Team Lead for the expanded BFHT services. She works with patients one on one and in groups, and one of her favourite things is providing education sessions in the community. She is passionate about health promotion and supporting residents of Burlington to engage in the activities they need to and want to do.

Gait Speed the new "Sixth Sense"

Gait speed is a powerful indicator of health. Unlike traditional vital signs gait speed offers a dynamic assessment of functional health. Learn about a new rapid and reliable tool designed by GERAS to measure gait speed.



Dr. George Ioannidis BPE, MSc, PhD is the Deputy Director of the GERAS Centre for Aging Research. Associate Professor, Divisions of Rheumatology and Geriatric Medicine and Department of HEI. Eli Lilly Canada Chair in Osteoporosis.

