Windsor Essex weCHC Community Health Centre

Exercise with weCHC

Learn more about exercise programs, education, and chronic disease management with weCHC.

Exercise with weCHC

Registered Physiotherapists, Occupational Therapists, Kinesiologists, Nurses, and Rehabilitation Assistants work together to support clients in improving their overall quality of life. To participate, every client must:

- Have medical clearance from a primary care provider or specialist
- Bring and independently administer emergency medications
- Able to stand from sitting with minimal assistance and stand with support if needed for a minimum of 15 seconds
- Able to follow instructions, communicate any adverse effects of exercise, and feel/express pain
- Not currently participating in outpatient rehab services or other community exercise programs, and have exhausted all private benefits

Therapeutic Exercise Program

Goals: Improve muscle strength, cardiovascular endurance, and balance.
Schedule: 1-hour, twice-weekly class in-person at weCHC Sandwich or virtually via Zoom.
Eligibility: This program is intended for adults with functional or mobility limitations and pain requiring modified and supervised exercise, limiting the ability to perform activities of daily living.

Pulmonary Rehabilitation Exercise Program

Goals: Improve strength, balance, endurance, breathing techniques, and daily lung function.
Schedule: 1-hour, twice-weekly class delivered virtually via Zoom.
Eligibility: This program is intended for adults with a diagnosed respiratory condition requiring supervised exercise and limiting their ability to perform activities of daily living.

Occupational Therapy Upper Body Exercise Program

Goals: Improve upper body strength and mobility.
Schedule: 1-hour, once a week in-person class at weCHC Sandwich.
Eligibility: This program is intended for adults with mild-to-severe upper-body limitations due to a diagnosed chronic health condition. They must be able to work within a group setting and transfer to a chair with minimal assistance.

Please note: No modalities are used throughout exercise programming (ie. heat/ice, TENS, wax etc.)

Diabetes in Motion

Goals: Improve muscle strength, cardiovascular endurance, and balance while learning more about managing diabetes.
Schedule 1 time workshop: 1-hour class delivered in-person at Diabetes Wellness. (Eligible for 1 time attendance.)
Schedule 3- month program: 1-hour, 3-month program delivered weekly via Zoom.
Eligibility: This program is intended for adults at risk for diabetes, or living with pre-diabetes, type 1, type 2 or gestational diabetes.

Therapeutic Pole Walking

Goals: Learn and practice pole walking to improve cardiovascular endurance, leg strength and balance.
Schedule: 45-mins, twice-weekly class delivered in-person at Devonshire Mall or outdoor spaces weather dependent.
Eligibility: This program is intended for adults living with chronic disease. Activator and Nordic poles are available, clients must be able to walk independently without reliance on a walking aid.

Bringing a friend for both Diabetes in Motion and Therapeutic Pole Walking is allowed to encourage participation. The friend does not need to have a chronic condition, but must meet functional criteria and register to safely participate.

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Exercise at Home with weCHC

Cogeco Channel 11 or HD700

Times may vary, check your TV guide for the most up-to-date information. Look for Health & Fitness with Kerra & Liz!

YouTube - @wechc519

Always on-demand, scan the code or search @wechc519 to get started!

Prevent Falls with weCHC

Occupational Therapists offer falls assesments and specialized programs to support clients in understanding their risk for falls and preventing falls at home and in the community.

Falls Assessment Clinics

Goals: Assess and understand the individual's risk for falls, learn how to prevent falls, and connect with community resources.
Eligibility: Any individual at risk for falls.

Grab Bar & Home Safety Referral Program

Goals: To understand the risk of falls in the home and provide necessary support to prevent falls, including grab bars when eligible.
Eligibility: This program is open to individuals who have had a fall or are at risk for having a fall and who are:

- At least 50 years of age
- Not currently receiving Home Care OT services
- Not being referred for an acute need
- Below or at the socio-economic range:
  - The individual's adjusted net income for the year was below $25,000
  - Couple/Family adjusted net income for the year is below $45,000

Referrals for all programs are available at wechc.org/referrals by e-fax (226-216-5179) or via Ocean. Questions? Call 519-962-2284 ext. 341.

Learn with weCHC

Our team offers a variety of workshops to help clients in Windsor, Essex County, Chatham-Kent, and Sarnia-Lambton learn how to manage their health conditions on their own. These courses are offered virtually and in person. Participants can learn more about:

- ☑ Chronic pain
- ☑ Chronic conditions
- ☑ Improving healthcare visits
- ☑ Managing stress with a chronic condition
- ☑ Diabetes & foot care
- ☑ Caregiving

For full program details, visit wechc.org/chronic-disease-self-management/ questions about the workshops? Call 1-855-259-3605.

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- Primary Care
- Addiction Suppport
- Mental Health Care
- Chronic Disease Support

Call 519-962-2284 to get connected today