

LEARN TO PREVENT FRAILTY



PARTICIPATE IN AN EXCITING PROGRAM

Participants receive a 30-45 minute call once each week for 13 weeks. A trained peer Frailty Coach teaches you how to use Self-Management strategies to better manage health conditions and how to follow the Canadian AVOID Frailty Strategy.

REQUIREMENTS FOR PARTICIPATION:

- Have one or more chronic health conditions
- Concerned about becoming frail



For more information:

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