



# Seniors Active Living Fair

Wednesday, October 30, 2024  
10:00am - 2:00pm

Ron Edwards Family YMCA  
500 Drury Lane | (905) 632-5000

**FREE** to the community. No registration required.

**SPEAKERS:** 10:30 -11:30am

**YMCA DEMONSTRATIONS:**

Falls Prevention/Balance+: 11:45am -12:15pm

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-active-living-fairs](http://ymcahbb.ca/seniors-active-living-fairs)

Shine On 

Ontario 

**OACAO**  
The Voice of Older Adult Centres  
La voix des centres pour aînés

 **Burlington**  
Family Health Team

## Bone and joint health: Discover how resistance training can help

Anne Svetik-Jones will discuss the differences between Osteoarthritis and Osteoporosis, how resistance training can help to improve bone and joint health, and how exercise can be used as medicine to self-manage many different chronic conditions, including Osteoarthritis and Osteoporosis.



**Bio:** Anne Svetik-Jones holds a Master's of Science in Physiotherapy from McMaster University and an Honours Bachelor of Arts in Kinesiology and Women's Studies from York University. Anne has over a decade of clinical experience treating patients in both private and public sectors. She has experience treating a wide range of acute and chronic conditions and assists her patients to achieve their goals through the use of individualized therapeutic exercise, self-management strategies for symptom management and activity modification, education, and therapeutic taping.

Anne thoroughly enjoys providing active, team-based and group-based physiotherapy programming to the Burlington community through Burlington Family Health Team Physiotherapy. A graduate of Canada's National Ballet School, Anne continues to advocate for a culture of physical activity, and can often be found enthusiastically leading group exercise classes on-site, or providing workshops on various health topics with the Burlington Public Library and the City of Burlington.