



## 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 (ages 55-75) with **early changes in their mobility** to take part in a study looking at whether people who are noticing recent changes in their walking ability show improved 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®

There is no cost to participate.

For more information or to see if you are eligible, please contact Susanne Sinclair

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