



Steady Senior

by BODiWORKS



Aging is a delicate balance between maintenance and progress. **How to best help** a family member requires consideration between their dependence and dignity.

Let us help.

Our collaborative approach:

- ✓ Occupational therapy
- ✓ Kinesiology
- ✓ Art therapy
- ✓ Physiotherapy
- ✓ Nutritional consulting

We can provide:

- Expert interventions for mobility, circulation and balance
- Self care assistance
- Post-surgery or post-event therapy
- Dietary and body maintenance assistance
- Plan-based home strategies and schedules
- Caregiver support



BODiWORKS Institute Specialized care

- **KNEE or HIP PRE-Habilitation** (strengthen and maintain prior to surgery)
- **Total KNEE or HIP Replacement - Maximum Recovery Rehabilitation**
- **Motor Skills Development and Rehabilitation for Special Needs**
- **Treating Chronic Neurological Pain** for Restoration of strength and energy

Steady Senior is:

- One on one & individualized
- Variable fees and session length
- Collaborative within our team
- For ages 70yrs and up
- Home and facility

“Our innovations and experience make it possible for you to maximize your progress.”