

**March 16, 2017**

## **Is It T.I.M.E™. For You to Exercise?**

**HALTON HILLS, ON** – The Town of Halton Hills is launching a new community-based exercise program developed by the Toronto Rehabilitation Institute called T.I.M.E™ which stands for Together In Movement and Exercise.

The program is tailored to people who have balance and mobility problems resulting from conditions such as stroke, acquired brain injury, multiple sclerosis, or weakness after a hospital stay.

The program will run from 9:15-10:45 am on Mondays and Thursdays at the Hillsview Active Living Centre in Georgetown, located at 318 Guelph Street. It focuses on improving balance and mobility and is delivered by certified fitness leaders who have received T.I.M.E. training through the West GTA Stroke Network. Sponsored by the Hillsview Active Living Centre, the pilot project is being offered at \$50.00 for an 8 week session starting Monday, May 1.

“I believe this program has the potential to change the lives of many people,” says Colleen Bethune, Registered Physiotherapist providing support to the fitness leader team. “This program is unique in that it provides a safe and comfortable environment for individuals to exercise but also provides a social environment for those who are not as active in the community. We are so fortunate to have the opportunity to introduce such a wonderful program into our community.”

Participants must be able to walk 10 metres with or without a walking aid, and are required to provide clearance by a physician.

“I can attest from first-hand experience, the benefit of tailored, physical activity as a means for recovery,” said Mayor Bonnette. “This is an excellent new program that I’m very pleased to see offered in our community!”

For more information, contact Margaret Taylor, Active Living Coordinator, at 905.873.2601 ext. 2360.

The Town of Halton Hills, with a population of approximately 60,000, consists of two urban centres, Georgetown and Acton, the Halton Hills Premier Gateway employment area, three hamlets – Glen Williams, Stewarttown and Norval – and several smaller settlements. Halton Hills has long been recognized for its natural beauty, active agricultural community, high quality of life and proximity to major centres, including Brampton, Mississauga and Toronto. The Town is ranked as one of the top small communities in Canada by a national magazine.

**For further information contact:**

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