



Virtual Care Program

for adults at risk of or experiencing frailty

Exercise Classes

Participate in FIT 2 FUNCTION twice a week for 60 minutes to enhance your physical well-being.

Education Sessions

Gain evidence-based knowledge on **nutrition**, **falls prevention**, and aging to stay informed and healthy.

Expert Guidance

Classes are led by a Clinical Exercise Physiologist **via Zoom** for personalized support and motivation.

Cost of the program:
\$30 per month (approximately 8 exercise sessions offered each month).

DAYS/TIME of FIT 2 FUNCTION virtual exercise classes:
Tuesday & Thursdays 10:15am – 11:15am

Program availability dates: October 6 to December 19 2025
(2026 dates to be confirmed).

Participants can begin the program at any time.

Participants meet virtually with a Clinical Exercise Physiologist Coordinator to complete an initial consultation session and up to 3 one-on-one virtual welcome sessions prior to beginning the virtual exercise classes.

Contact to get started: activelivingprograms@acadiau.ca

Join us to improve your health