

ASSOCIATION OF FAMILY HEALTH TEAMS OF ONTARIO

BRIGHT LIGHTS AWARDS



2019

Nomination

Community and social accountability

Owen Sound Family Health Team

How a fitness class can improve the overall well being



Our Forever Fit (exercise) class started in the Spring of 2018 with 13 participants. This class started with the intention to offer a free fitness class to help patients to reduce their risk of falling. It has morphed into a class where the participants not only have increased their overall physical well being, but their social and mental well being. It has become a place where the participants have gained friendships, and have developed a network. This class now has 70 participants and has outgrown 2 locations.