



Assess & Restore (A&R) Program 評估與復健計劃



FREE

Empowering for a Healthier Tomorrow 邁向健康復康之路

We understand that the recovery journey after hospitalization are full of challenges, and we're here to support. Our program is an engaging 12-week journey designed to help you regain strength, mobility, and confidence after hospitalization.

我們了解病後康復者的需要，並給予針對性的復康支援和訓練。耆暉會透過一項為期12星期的復健計劃，幫助他們提升健康狀況及自理能力，避免不必要的重複入院。



Educational Workshops
健康教育工作坊



Group exercise
運動治療小組



Social Activities
社交互動小組



Take your first step to recovery | 踏出你的復康第一步

- if you have recovered from a recent hospital stay, OR
若您曾接受住院治療, 或
- if you experienced decline in physical and/or functional abilities after hospitalization
若您在離院後經歷自身活動能力降低和自我照顧能力下降

📅 Every Tuesday & Thursday, 1pm - 4pm
逢週二及週四，下午1時至4時

📍 705 Progress Ave. Unit 36-37



有意申請者可用下列方式查詢：

☎ 416-847-8941

✉ carefirst.erp@carefirstontario.ca

