Goals:
Deliver coordinated care within an interprofessional team of primary care providers with an emphasis on patient centered outcomes, improved quality of life, prevention and optimized treatment of chronic diseases.

Service Overview:
- Comprehensive assessment of chronic and acute musculoskeletal and neurological conditions (such as back pain, arthritis, chronic pain, post stroke, osteoporosis)
- Self-management education
- Falls prevention education
- Balance and mobility assessments
- Exercise prescription
- Healthy lifestyle and fitness promotion
- Goal setting
- Smoking cessation
- Resource navigation
- Group education
  - Back Education Classes
  - Living Well with Arthritis
  - Craving Change
  - Chronic Pain Management
  - Cognitive Behavioral Therapy and mindfulness

Ask your Primary Care Provider for more information!

Primary Care: “the most appropriate care by the most appropriate providers in the most appropriate settings”*

*Canadian Family Physician October 2010 vol. 56 no. 10e368-e374