

GERAS Frailty Rehab Study

Now recruiting for 2020 at Les Chater YMCA
(365 Rymal Rd E, Hamilton)

McMaster University researchers are trying to understand the best way to help older adults **improve health and maintain strength & independence.**

We are looking for adults (aged 70+) who may have lost energy/strength (e.g. difficulty climbing stairs or slow walking speed) and want to improve mobility.

Participants will receive **FREE ENROLLMENT** into a program at the YMCA.

What will my participation involve?

If you qualify and consent to participate, you will be randomly assigned to one of three programs at the YMCAs of Hamilton/ Burlington/ Brantford for 6-months.

If I am interested in this study what are the next steps?

Please contact us to book a testing appointment at St. Peter's Hospital in central Hamilton (parking provided). The study will be explained in more detail and you can decide if you want to sign-up.



GERAS **FRAILTY**
REHAB
Maximizing mobility & independence



Group 3
Group Exercise
+ Nutrition /
Medication
Support

Group 2
Group Exercise

Group 1
Weekly Socials /
Education

**For more information,
please call:**
GERAS Research Staff @
905-521-2100 ext. 12232

This research study has been reviewed by the Hamilton Integrated Research Ethics Board under project #5500
---October 3 2019---