

# Seniors Health

## **Exercise: a video from the National Institute on Aging – Video (48 min.)**

National Institute on Aging. National Institutes of Health.

## **Healthy aging – DVD (30 min.)**



HEALTHY AGING / Information Television Network -- Boca Raton, FL : Information Television Network, 2006.

Part of the award winning public television series Healthy Body/Healthy Mind.

Aging can have a profound effect on both our physical and emotional well-being. Healthy aging is about finding a lifestyle strategy that makes it possible to grow old gracefully. As you'll see in this program, finding that strategy begins with understanding the changes that occur as part of the natural process of aging, as well as what disease states we can control or forestall with early detection, medical intervention, and lifestyle changes.

## **Long-term homes in central Toronto – DVD**

Toronto Central Community Care Access Centre -- Toronto, ON, 2007.

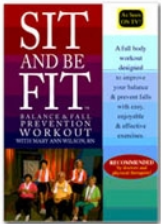
Contents: Part One - long-term care in Ontario, Part Two - Central Toronto long-term care homes.

## **Long-term homes in Toronto - DVD**

Toronto Central Community Care Access Centre. -- Toronto, ON: Toronto Central Community Care Access Centre, 2007.

**She's happier there: an intergenerational drama on elder abuse**  
– Video (32 min.)

Ontario Network for the Prevention of Elder Abuse -- Toronto, ON : Ontario Network for the Prevention of Elder Abuse, [200?]



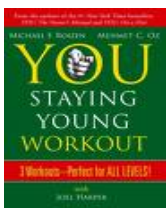
**Sit and be fit – balance & fall prevention workout – DVD (27 min.)**

2004.



**Caring for your parents – DVD (115 min.)**

Boston, MA -- WGBH Educational Foundation, 2008.



**You staying young workout - DVD**

- Michael F. Roizen, Mehmet C. Oz, 2007

3 workouts – perfect for all levels.