

## TIME™ at Home (Virtual Program) Listings

TIME™ at Home is a pre-recorded exercise program hosted by a live virtual facilitator. This 60-minute program includes a seated warm-up and cooldown, and 40 minutes of exercise done in standing, practicing movements used in day-to-day life. Opportunity for online social interaction is incorporated before or after each class.

TIME™ at Home is best suited for people with balance and mobility challenges, but can walk independently for 10m with or without a cane or walker. This program is not suited for individuals who need help from another person while standing, walking, or getting up from a chair.

### Participants will need

- To self-pace and self-select the exercises that are at the right level for them.
- Equipment at home, including a sturdy chair for sitting, a hand support for balance (such as a countertop), and a non-slip step or target using items from around the home.
- An email address and reliable internet access in order to join the classes from their computer or tablet.

Location	Site Name	Class Format	Contact Information
Canada	MS Society of Canada	Larger class size (up to 50 participants)  Registration priority will be given to people living with MS across Canada. People with other health conditions can still register if space is available.	Register online <a href="https://mssociety.ca/events/1420/time-at-home">https://mssociety.ca/events/1420/time-at-home</a> Or call MS Navigators 1 844 859 6789
Toronto, ON	KITE Rehabilitation and Innovation Clinics, University Health Network, Toronto Rehab	Smaller class size (up to 10 participants)  Registration is open to all residents of Toronto with postal codes starting with M. Participants do not need to be a UHN patient.	Nina Hovanec 416-597-3422, ext. 3505 <a href="mailto:nina.hovanec@uhn.ca">nina.hovanec@uhn.ca</a>  Referral required. Referral form can be downloaded from the TIME™ website.

## TIME™ at Home (Virtual Program) Listings (cont'd)

The following sites offer smaller class sizes for residents of their communities.

Location	Site Name	Contact Information
Halton Hills, ON	Hillsvie Active Living Centre	Stephanie Barrington 905-873-2600, ext. 2360 <a href="mailto:sbarrington@haltonhills.ca">sbarrington@haltonhills.ca</a>
North Bay, ON	PHARA Post Stroke Transitional Care Program	Danielle Nadeau 705-476-0733, ext. 221 <a href="mailto:dnadeau@phara.org">dnadeau@phara.org</a>
Sault Ste Marie, ON	March of Dimes – Post Stroke Transitional Care Program	Sheryl Pierman 705-945-1044, ext. 251 <a href="mailto:spierman@marchofdimes.ca">spierman@marchofdimes.ca</a>
Sudbury, ON	ICAN (Independence Centre and Network) Post Stroke Transitional Care Program	Gaetanne Larocque 705-673-0655 x 217 <a href="mailto:glarocque@ican-cerd.com">glarocque@ican-cerd.com</a>
Timmins, ON	March of Dimes -Post Stroke Transitional Care Program	Amanda Chartrand 705-360-5150 <a href="mailto:achartrand@marchofdimes.ca">achartrand@marchofdimes.ca</a>