

*Change your  
lifestyle for a  
healthier you!*

PEP's mandate is to support the growing needs of seniors in our community.

The program was developed in response to the mandates of Ontario's Action Plan for Seniors

**Additionally:**

Family members and caregivers receive much needed and well deserved respite.



**MOREPEP.CA**

*We are with you every  
step of the way!*  
— SUZANNE

**Our Daily Fee Includes:**

Nutritional breaks and lunch.

**Program Hours:**

Weekdays: 9:30 - 3:00PM

PEP is a registered charity and Non-Profit organization.  
Donations appreciated.  
Tax receipts available upon request.

**JOIN US NOW!**

**12 Elliot Street  
Perth, ON  
K7H 3A3  
91 Cornelia St.  
Smiths Falls  
K7A 5L3**

**For more  
information:  
613-201-7172  
MOREPEP.CA**



**SENIORS THERAPEUTIC CENTRE**

Physical - Cognitive - Social

# Revitalizing Retirement





## WHY PEP?

The PEP Seniors Therapeutic Centre is designed for older adults who live at home.

PEP uses recognized assessment tools to develop individualized plans of care and to evaluate our participants' needs and monitor progress.

Our primary goal is to optimize the overall health of our participants by using evidence-based therapies.

We work toward a common goal of keeping seniors in their homes as long as possible and provide much needed support to our caregivers.

## OUR DAY INCLUDES:

Continental Breakfast  
Cognitive Stimulation  
Physical Therapy  
Exercise Program  
Nutritious Lunch  
Socialization and Fun Activities

It is suggested by the government of Ontario that staying mentally and socially engaged is key to overall health along with a healthy diet and a good nights sleep.

I am so thankful that my mom can attend the PEP program. Often it is very difficult to find the activities that PEP offers in one locale. PEP allows my mom to socialize with others, enjoy a wide variety of activities and outings, and all under a watchful eye of very loving and caring professionals. I wish more seniors could participate in this worthwhile program. Keep up the great work.  
- caregiver

