



# North Central Health Care

Person centered. Outcome focused.

To: NCHC Aquatic Therapy Patients

March 11, 2024

Re: **Pool Closure | March 21 at 2pm – April 8, 2024**  
**Fall Prevention Event | March 28<sup>th</sup> 2024**

Greetings,

In our ongoing pursuit of excellence in safety and service, we wish to inform you of an upcoming temporary closure of our aquatic facility. This closure is necessary to facilitate essential maintenance and facility updates. We apologize for any inconvenience this may cause and greatly appreciate your understanding.

The closure period will commence on Thursday, March 21st at 2pm and conclude on Monday, April 8th, 2024. We anticipate these enhancements will be completed in just over 2 weeks. During the closure period, your membership duration will be automatically extended, ensuring that you will not be charged while the pool is unavailable for use.

We are excited to announce a special Falls Risk Prevention event scheduled during our closure on March 28th, from 10am to 1pm, to be hosted in the Community Room of the North Central Health Care main tower. Please use parking lot B and the Suite B entrance. This event is specifically designed to provide essential information and resources to mitigate the risk of falls, particularly among our senior members.

**Here's what you can expect:**

Engage with us in a community event dedicated to fall risk and prevention. Embrace the opportunity to take charge of your safety and well-being with a comprehensive balance assessment to identify fall risks. Discover various options for enhancing balance, including specialized exercises, community programs, or referrals to personalized assessment and treatment through physical therapy. Gain insights into essential fall recovery techniques and learn valuable tips for preventing falls at home. Explore the significance of properly fitting and safely utilizing Durable Medical Equipment (DME).

Best of all, this event is free of charge! Join us for complimentary cookies and coffee as you gather essential knowledge to safeguard your well-being. No registration is required – simply drop by anytime during the event. Don't miss this invaluable chance to prioritize your safety and independence!

If you have any questions regarding the pool closure or the Falls Prevention Event, please do not hesitate to reach out. We are here to assist you.

Sincerely,

**Olivia Smola**

*Manager of Aquatic Services*

North Central Health Care

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