



MOTomed®

move differently

- Strengthens & loosens muscles
- Stimulates metabolism & increases blood circulation
- Promotes a feeling of overall well-being

Mondays to Fridays, Book your timeslot (30 minutes)
2398 Yonge Street, Anne Johnston Health Station site

MOTomed is an exercise bike for people with different levels of mobility. The bike provides power assistance to move arms and legs for people with decreased or no strength. It can be used while sitting in a standard chair or a wheelchair.

HOW TO BOOK A SESSION



- CALL TO MAKE AN APPOINTMENT **416-486-8666**
- AT FRONT DESK RECEPTION

REQUIREMENTS TO ENSURE SAFETY AND PROPER USE:



- All individuals must be assisted by our Attendant or come with own support person
- All forms must be completed and signed
- For further information contact Anne Crasto 416-486-8666 ext263



Thanks to our wonderful donors that have made it possible to purchase a MOTomed