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## Weather



**TODAY:**  
LIGHT RAIN

HIGH 7  
LOW 3



**THURSDAY:**  
RAIN

HIGH 7  
LOW 2



**FRIDAY:**  
RAIN

HIGH 3  
LOW 0



**SATURDAY:**  
SNOW

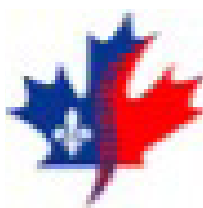
HIGH 0  
LOW -8



**SUNDAY:**  
40 PER CENT  
CHANCE OF  
FLURRIES

HIGH -4  
LOW -11

# Improving mobility and autonomy of people living with neurological conditions



**L**e Centre FSWC Québec Adapted Training Centre (FSWC Québec) is pleased

to inform our community members of life changing results achieved by our beneficiaries since our opening in February 2022 at the corner of Galt East and Bowen South. Autonomy and quality of life, yes, but also optimism in the face of daily life's challenges. Our slogan "Recognize potential, not limits" has definitely taken on its full meaning for all these people. Improvements in mobility have not only enabled them to be more independent, but have also had a very positive impact on their immediate environment.

"Charles-Antonio is an extremely premature baby with cerebral palsy. He has made incredible progress throughout the month. Our son is now able to sit on his own in a chair, which makes our daily lives a lot easier. Before starting this program, he fell over immediately. He now has an interest in moving around on his own, even if it's not always easy," says Guglielmo Perpetuini, the father of the 17-month old boy. Charles-Antonio's

family traveled from Saint-Amable in the Montérégie in order to receive this care.

Michelle Bergeron from Magog, whose daughter Nancy was diagnosed with locked-in syndrome in 2007 shared: "When we went on a trip this summer, we fully came to realize the gains in independence Nancy has made. In our hotel room, there were no supporting bars like in her room at home. Even so, she was able to turn on her own on her bed and get up with minimal assistance. It was so much easier for us to help her too. Before starting the program at this centre in May 2022, Nancy couldn't do much. We are very pleased with the progress she's made so far. Nancy has worked very hard to get to where she is now. I want more people to discover this centre!"

As a partner of First Steps Wellness Centre in Regina, the Canadian Pioneer in the field of 'Activity-based Therapy, FSWC Québec offers reputable programs and has helped people in Québec from different regions, such as Saguenay, Montérégie, Mauricie and Montréal.

The effectiveness of the programs are also thanks to our highly dedicated staff. They have at least an undergraduate degree in kinesiology or its equivalent and have followed additional specialized training to provide programs for both

adults and children. Our staff focuses on recognizing the potential of their beneficiaries and challenging them to improve their mobility. FSWC Québec also distinguishes itself by our high level of humanity and support so that people immediately feel welcome and at ease.

The organization wishes to make better known the potential for mobility improvements. It's important to know that people with neurological disorders and their families can access these unique, specialized and customized training programs right here in our community.

To continue our mission and continue to offer services at the most affordable cost possible, the Center, whose annual budget currently exceeds \$250,000, has been operating with two specially trained kinesiologists as the only salaried employees and a dedicated team of volunteers. We need the generosity of the population more than ever. People are invited to make a donation, which is easily done directly on our website [FSWCQUEBEC.CA](http://FSWCQUEBEC.CA) or come to join us as a member of our team of volunteers. These donations allow the organization to maintain the individualized service fee of 40\$/hour, which represents only 30% of the billable cost.



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## Ben by Daniel Shelton

