

**About Us** - At Community Support Connections, we wake up each morning energized about the difference we will make in the lives of our clients; people who could be your parents, grandparents, friends, or neighbours. We work with hundreds of amazing volunteers and community partners to provide a wide range of support services for older adults and people with different abilities to help keep them living at home for as long as possible with independence and dignity. We truly care about people, are client-centred, and constantly innovate; looking for new and better ways to provide the best care and supports possible. We believe the best way to serve our clients is to create an environment and culture that empowers our staff to be as productive and happy as possible.

**About the Job** - The Gentle Exercise Facilitator, or 'GEF', will lead older adults and those with different abilities in safe, gentle exercise classes throughout Kitchener, Waterloo, and Cambridge. Our Registered Kinesiologists will train you in the delivery of the SMART™ (Seniors Maintaining Active Roles Together) exercise routine, and be an ongoing support to ensure you can adapt the class to meet the needs of our program participants, which will help our clients prevent falls! You will work collaboratively with our community host locations to ensure the best experience for participants. Travel throughout Waterloo Region is required. Opportunities to provide one-on-one SMART™ in client homes is also an option with additional training, which will provide you with additional hours of work.

**About You** - If you are someone who thrives by helping people, and you have experience working with older adults or those with different abilities, you will find this role fulfilling. Your energy is contagious, yet you set clear boundaries; you are dependable and trustworthy, yet you can be creative and adaptable. You possess a current Emergency First Aid/CPR A certification (or would be willing to obtain them by time of employment). You have access to a personal vehicle and possess both a current driver's license and proof of vehicle insurance. If you speak a second language, we would love to know about it!

**Let's Talk** - Interested? We would love to hear from you! Please submit your resume and cover letter clearly identifying the unique attributes you would bring to this position. Send your application to Jenn McDonald ([jennm@cscmow.org](mailto:jennm@cscmow.org)).