

Soci t  Alzheimer Society

BRANT, HALDIMAND NORFOLK,
HAMILTON HALTON

Job Posting

Title: Exercise Facilitator - Living Well

Full time, Contract until August 31, 2028

Hours: 28/week

Rate of pay: \$25.50/hour

Location: Hamilton

Start Date: ASAP

About us: The Alzheimer Society of Brant, Haldimand Norfolk, Hamilton Halton (ASBHNHH) is the local community agency dedicated to supporting families living with dementia. Visit us at <https://alzda.ca>.

The ASBHNHH values work-life balance. We are an equal opportunity employer and are dedicated to building a workforce that reflects the diversity of our communities in which we live and serve. We respect, honour, and celebrate the diversity in our community.

Position Summary: Under the direction of the Team Lead, Exercise Programs, this enthusiastic and self-motivated individual leads the delivery of the Living Well and Minds in Motion programs, engaging and motivating participants while ensuring program goals are met. This role supervises volunteers, manages program logistics and administration, and contributes to program development. The facilitator maintains professional relationships with clients and staff and stays up to date on Alzheimer Society services and resources.

This is a new contract position created as a result of funding received from the Ontario Trillium Foundation. This position is funded through a grant and is set to run until August 31, 2028.

Responsibilities:

- Facilitates all aspects of the Living Well and Minds in Motion program independently
- Set up the room and clean up after each class
- Ensures the completion of all administration responsibilities relating to programs
- Maintains a current knowledge of dementia, chronic diseases and exercise/fitness as it pertains to the health and well-being of individuals
- Supervise and mentor volunteers

The above tasks are representative but not all-inclusive

Requirements:

- Previous experience in fitness instructions with adults &/or older adults
- Previous experience in group facilitation or relevant experience in a field that will complement the requirements of the position
- Must have valid standard CPR and first aid certification
- Vulnerable sector police check issued within 3 months of the hiring date
- Must have regular access to a mobile phone capable of downloading the Microsoft Authenticator app to support two-factor authentication for IT security purposes
- Valid driver's license and regular access to a reliable vehicle
- Ability to speak a second language is an asset.

Benefits and Working Conditions:

- 28 hours per week
- In-person, 4 days per week
- 3 weeks paid vacation to start (+2 additional float days)
- Paid sick time
- Excellent benefits package
- Employee Assistance Program
- Collaborative and supportive team environment

How to apply: Interested candidates are asked to submit a cover letter and resume to HR@alzda.ca by 11:59pm on April 12, 2026

We are committed to inclusive, barrier-free recruitment and selection processes in accordance with the Human Rights Code and AODA and encourage applications from people with disabilities. Accommodations are available on request for candidates taking part in all aspects of the selection process.

We thank all applicants for their interest however, only those selected for an interview will be contacted.