

PREVENT FALLS AND STAY INDEPENDENT!

Are you 65 or over?
Afraid to lose your balance?
Fallen recently?

**The STAND UP!
program is for you!**

24 free exercise and information sessions given by a trained, qualified professional!

- Improve your balance and coordination.
- Increase your leg strength.
- Learn to recognize and change situations that put you at risk of falling.
- Increase your level of physical activity.
- Take advantage of an opportunity to meet people and exchange with them.



FALLING ISN'T A MINOR THING!

Falls are the cause of 60% of hospitalizations among people aged 65 and over.



To register, call your CLSC

www.sante.gouv.qc.ca/repertoire-ressources/clsc/