

PREVENT FALLS AND STAY INDEPENDENT!

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

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

FREE

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.



Starting January 8, 2024

- Monday and Wednesday mornings
- A 12-week program offered by the CLSC (presence required for all sessions)

Information et registration :
Nikisha Jaglal – 514-630-1214, ext. 1644

Québec 

Pointe 
Claire