



## Registration for **STAND UP! Program**

### THE **STAND UP! PROGRAM** EFFECTIVELY PREVENTS FALLS

The **STAND UP! Program** has shown that it can enhance the dynamic balance of elderly adults. It is based on the most recent knowledge in the realm of physical activity and falls prevention.



### WHAT IS THE **STAND UP! PROGRAM**?

A qualified, trained professional leads the **STAND UP! Program**. The movements are safe and are adapted to seniors' abilities. The exercises will improve your balance and strength.

#### THE **STAND UP! PROGRAM** IS:

- > group exercises conducted twice a week for 12 weeks;
- > exercises that are easy to do in the home;
- > information vignettes on a healthy lifestyle, safe behaviour and ways to adapt the home to prevent falls.

#### THROUGH THE **STAND UP! PROGRAM**, YOU CAN:

- > enhance your **balance** and **leg strength**;
- > help maintain **healthy bones** and reduce the risk of fractures;
- > adapt your **home** and adopt **safe behaviour**;
- > bolster your **self-confidence**;
- > be more active.



#### TO REGISTER OR FIND OUT MORE...

The **STAND UP! Program** is offered free of charge to eligible adults 65 years of age or over.

#### Next session:

**September 18th to December 6th, 2018**

##### **Group 1** **French**

**Tuesday 9:00 to 10:00**  
(exercises)

**Thursday 9h00 to 10:30**  
(exercises + prevention session)

##### **Group 2** **English**

**Tuesday 10:00 to 11:00**  
(exercises)

**Thursday 10h00 to 11:30**  
(exercises + prevention session)

#### Where?

**Community Center of Stanbridge East**  
**5, Academy, Stanbridge East, JOJ 2H0**

#### For information and registration:

**Catherine Jacques, Kinesiologist**  
**CIUSSS Estrie – CHUS, RLS La Pommeraie**  
**450-266-4342 option 4, ext.34482**

**Cost : FREE !**