

# 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 SESSIONS

Safe and adapted exercises and  
information given by a trained,  
qualified professional.



Québec 

**Take part in the STAND UP! program to increase your strength and gain confidence.**

- 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.

**STAND UP! involves 2 sessions a week for 12 weeks.**

**STAND UP! is a 3-part program:**

**Group physical exercises**

Participate in group exercise sessions.

**Home exercises**

Do easy exercises at home.

**Prevention capsules**

Learn to adapt your home and adopt safe behaviours.

**Contact your CLSC to register**

[www.sante.gouv.qc.ca/repertoire-ressources/clsc/](http://www.sante.gouv.qc.ca/repertoire-ressources/clsc/)