




# FALL PREVENTION FOR OLDER ADULTS

Program and promotional activities

## Fall prevention programs




Are you **65 or older**? Afraid of losing your balance? Fallen recently? Opt for one of the two programs below! You will learn how to recognize and change situations at risk for falls, and stay active safely.

### STAND UP! Program (PIED)

-  Exercise and information sessions on falls, to help improve balance, leg strength and coordination. Free.
-  65 and older. Have the physical capacity to take an exercise program.
-  24 sessions over 12 weeks.



### Vivre en Équilibre program

-  Information and discussion sessions to bolster confidence in your ability to prevent falls, while integrating a few easy exercises you can do at home. Free.
-  65 and older. Program adapted to people who use a walker, wheelchair or 4-wheel mobility scooter to get around.
-  16 sessions over 8 to 16 weeks.



### REGISTRATION

Contact [the health and social services centre in your area.](#)

## Physical activity program

Are you **50 or older**? Want to sustain your physical capabilities?  
Participate in the group sessions below!

### VIACTIVE program



Group exercise sessions with 3 levels of physical intensity, depending on your capabilities, even in sitting position. Free.



50 and older. Have the physical capacity to take an exercise program.



Varies based on the group.



### REGISTRATION

See the [VIACTIVE interactive map](#)  
to find a group near you.

Are you responsible for a group, municipality, organization or residence, and want to start a VIACTIVE group? Contact [the health and social services centre in your area](#).

### NOTES