

THE STAND UP! PROGRAM

- Daytime workshops
- FREE
- In a location near you



For more information or to register for
STAND UP!, CONTACT US.



Abitibi-Ouest RCM

819 782-4661, ext. 3220

Abitibi RCM

819 732-6696, ext. 3235

Rouyn-Noranda

819 762-0908, ext. 44375

Témiscamingue RCM

Témiscaming-Kipawa pavilion
819 627-3385, ext. 1248

Témiscamingue RCM

Ville-Marie pavilion
819 622-2773, ext. 4412

Vallée-de-l'Or RCM

819 825-5858, ext. 5219

*Centre intégré
de santé et de services
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Témiscamingue*

Québec 

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FALL PREVENTION PROGRAM in Abitibi-Témiscamingue

Information for people 65 years and
older who are concerned about their
balance and falls.

Québec 

THE STAND UP! PROGRAM ABOUT THE PROGRAM

- Group exercises twice a week (twelve-week program)
- Discussion period with information capsules on lifestyle habits, safe behaviours, and home design
- An easy exercise routine to do by yourself at home
- Led by a qualified health professional

WHO IS THE PROGRAM FOR?

The program is intended for the following people:

- 65 years and older
- Independent and living at home
- Concerned about their balance and falls (e.g. someone who has fallen in the past year)

GOALS OF THE PROGRAM

Take part in the program to:

- Improve your balance
- Increase your leg strength
- Keep your bones healthy and reduce the risk of fractures
- Improve safety in and around your home and adopt safe behaviours
- Gain confidence
- Be more active

