



**For more information and to sign up,  
contact the facility in your territory:**

**Gatineau**

(Hull, Aylmer and Gatineau)  
819 966-6530, ext. 337114

**Pontiac**

819 647-3851, ext. 2521

**Collines**

819 459-1112, ext. 337803

**Papineau**

Vallée-de-la-Lièvre: 819 986-3359,  
ext. 6433  
Petite-Nation: 819 983-7341, ext. 6433

**Vallée-de-la-Gatineau**

Low and Gracefield: 819 463-2604  
Maniwaki: 819 449-4690, ext. 187



This programme is offered **free or charge**  
in all of the territories in the region by the  
Centre intégré de santé et de services  
sociaux de l'Outaouais.

For more information:

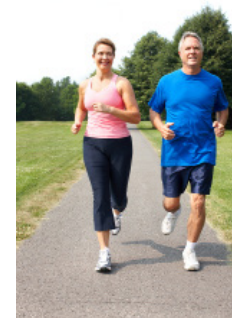
[ciss-ouataouais.gouv.qc.ca/](http://ciss-ouataouais.gouv.qc.ca/)




*Centre intégré  
de santé  
et de services sociaux  
de l'Outaouais*

Québec



**CHALLENGE  
FALLS AND...  
STAND UP!**



-  You are 55 or older?
-  You want to improve your balance?
-  Your autonomy is important to you?



# Prevent falls!

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

The **STAND UP!** program is based on the most recent knowledge in the realm of physical activity and falls prevention.

It's offered to autonomous adults **55 years of age** or over living in their own homes.

Numerous studies have shown that **STAND UP!** is effective in preventing falls.



## Did you know that falls can seriously affect health by causing...

- serious injuries such as fractures, or even death;
- difficulty in carrying out everyday activities such as walking, housework, grocery shopping or taking a bath;
- reduced social activities and greater isolation;
- a loss of autonomy or even departure from the home to live in a private residential facility.

## Free of charge and effective,

the **STAND UP!** program allows you to:

- improve your balance;
- increase your leg strength;
- prevent falls;
- maintain your autonomy;
- maintain or improve your overall health;
- socialize.

## The **STAND UP!** program is :

a progressive program **12-week program adapted to seniors' abilities** which includes:

- a twice-weekly series of group exercises led by a qualified professional;
- exercises that are easy to do in the home;
- information vignettes on various subjects such as :
  - nutrition,
  - physical activity,
  - safe behaviour,
  - ways to adapt your home,
  - medication consumption and,
  - osteoporosis.

