



FREE program

Offered in all areas of the region by the Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais.



To register or get more information

● GATINEAU

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

● PONTIAC

819 647-3553, ext. 252260

● DES COLLINES

819 459-1112, ext. 337803

● PAPINEAU

819 986-3359, ext. 227114

● VALLÉE-DE-LA-GATINEAU

819 463-2604, ext. 449105



For more information



cisss-outaouais.gouv.qc.ca



07.PIED@ssss.gouv.qc.ca

INTEGRATED DYNAMIC BALANCE PROGRAM



PIED



- ✓ Do you fear falling?
- ✓ Are you 55 years of age or older?
- ✓ Do you want to improve your balance?
- ✓ Are you fit and able to exercise for at least an hour?
- ✓ You don't use walking aids on a daily basis?



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

Québec 

July 2024 version

Prevent falls
Increase your independence

INTEGRATED DYNAMIC BALANCE PROGRAM

Many people believe that falls are part of normal ageing. In reality, most of them can be avoided!

Actions that can be taken to prevent falls include :

- physical activity
- medication management
- simple modifications to the home to make it safer

PIED will allow you to :

- improve your balance and coordination.
- strengthen your legs.
- learn to recognize and modify what puts you at risk of falling.
- increase your level of physical activity.
- take advantage of an opportunity to meet and talk to other people.



A FREE 12-WEEK PROGRAM

- **Group physical activities twice a week led by a qualified professional.**
- **An exercise routine that is easy to do at home.**
- **Information on topics such as :**
 - healthy lifestyle habits
 - safe behaviours
 - how to set up your home
 - taking medications
 - osteoporosis

**AN EFFECTIVE
AND FREE PROGRAM**

DID YOU KNOW ?



PIED

Numerous studies have shown that **PIED** is effective in preventing falls.

Reducing the risk of falls allows you to :

- maintain your independence
- keep your social activities
- avoid serious injury
- maintain your quality of life at home

