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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

F R E E program

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



For more information

- cisss-outaouais.gouv.qc.ca

07.PIED@ssss.gouv.qc.ca

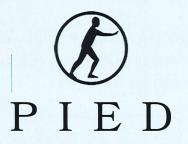


Centre intégré de santé et de services sociaux de l'Outaouais

Québec 👯 🕏

July 2024 version

INTEGRATED DYNAMIC BALANCE PROGRAM





- 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?

Prevent falls
Increase your independance

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 professionnal.
- 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

