



STAND UP!

A FALLS PREVENTION EXERCISE PROGRAM
FOR OLDER ADULTS

WARREN

Start Date: September 23rd, 2019

Time: 11 a.m. – 12:00 p.m. Mondays

11 a.m. – 12:30 p.m. Wednesdays

Location: Warren Golden Age Club

Register by: September 16th, 2019

*limited space



Would you like to stay independent and active?
Then **STAND UP!** is for you.

STAND UP! is a FREE group exercise program given twice a week for 12 weeks.

What to expect:

- Learn how to reduce your risk of falling and improve your home environment
- Increase your strength and balance
- Make your legs stronger
- Keep your bones healthy
- Learn simple exercises to do at home

Supported by:



**Public Health
Santé publique**
SUDBURY & DISTRICTS



Ontario

North East Local Health
Integration Network



CENTRE DE SANTÉ

Univ

HEALTH CENTRE



Sudbury and
Manitoulin Districts