



STAND UP!

FACILITATOR TRAINING SESSION

Monday, June 29, 2015
9 a.m. to 4:30 p.m.
United Steelworkers Hall
66 Brady St., Sudbury

Goals of the **STAND UP!** Program

The goal of this multifaceted program is to prevent falls and fall-related injuries among autonomous seniors who live in the community and are concerned about falling or about their balance.

More specifically, the STAND UP! Program aims to improve the balance and increase the strength of participants' lower limbs, enable participants to adopt safer behaviours, learn how to ensure that their home environment is safe, increase participants' sense of confidence with regards to fall prevention and encourage participants to stay physically active.

What is the **STAND UP!** Program?

STAND UP! is an evidence-based fall prevention program from the Public Health Department of Montreal. This 12-week program consists of three components: group exercises, exercises at home, and discussion sessions on fall prevention. It is designed for community groups such as senior citizen centres, community health centres, and municipal recreation services.

Requirements

The training is offered free to providers who commit to offering the program at least once within the year of receiving the training. Community agencies may be eligible for funding to implement Stand Up! For more information about the requirements for the program, contact Wendy Carew, Regional Coordinator, SOYF, Wendy.Carew@lhins.on.ca.

Stand Up facilitators are encouraged to have a background in human physiology and body mechanics and are working as regulated health professionals (physiotherapy, occupational therapist, kinesiology, nursing).

Supported by:



Ontario
North East Local Health
Integration Network



Sudbury and
Manitoulin Districts



Sudbury & District Health Unit
Service de santé publique de Sudbury et du district



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Registration Form

Date: Monday, June 29, 2015
Time: 9 a.m. to 4:30 p.m.
Registration at 8:30 a.m.
Location: United Steelworkers Hall
66 Brady St., Sudbury

Lunch and refreshments will be provided.
Wear comfortable clothing and footwear for exercising.

Name: _____

Agency Name: _____

Position/Title: _____

Telephone: _____

Email: _____

Registration deadline: June 22, 2015

*Space is limited to 25 participants. **Register early.**

Send your registration form to:

Email: stayonyourfeet@sdhu.com or

Fax: 705.677.9608, Attention: Anik Proulx
or Sabrina Kalviainen, Public Health Nurses

For more information, call:

705.674.4330 or toll-free 1.855.674.4330

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