

## North East LHIN helping older adults stay active and prevent falls

**January 2, 2018** -- For older adults falls are often the result of health or lifestyle factors and should not be considered an everyday part of aging. In fact, one in three older adults aged 65+ fall each year. However, falls are preventable and being active is one of nine steps that can help prevent falls. That's why the NE LHIN's Stay on your Feet (SOYF) strategy and the region's five Public Health Units are helping seniors to participate in free exercise classes in order to help decrease the number of falls.

Carole Orris in Corbeil is one of thousands of seniors across Northeastern Ontario who are benefiting from these NE LHIN-supported exercise classes. The 71-year-old says the classes have given her strength and balance which she didn't have before and also a great deal of laughter and friendship.

"Before attending the class, I was falling quite often," said Orris. "This class has given me the tools to stay on my feet, and have great balance and flexibility."

The NE LHIN offers classes in the following regions:

- Algoma - 21 locations and 49 classes
- Cochrane - 17 locations and 44 classes
- Nipissing/Timiskaming - 32 locations and 61 classes
- Sudbury/Manitoulin/Parry Sound - 29 locations and 71 classes.

To view a list of free exercise classes in your community, visit [www.nelhin.on.ca/stayonyourfeet](http://www.nelhin.on.ca/stayonyourfeet).



**Front row - left to right**

Helen Vaillancourt,  
Ruthanne Tilander,  
Carole Orris, Joyce  
Kouris, Virginia  
Charbonneau, Janet  
Kunkel, Marie Rogers

**Back row-left-to-right**

John Lunn, Terry Kelly  
(Instructor), Ron  
Deschamps, Bob  
Kouris, Tom Loue,  
Larry Charbonneau,  
Lois Kelly & Morley  
Rogers