

New Stay On Your Feet website and Facebook page

Working to improve the quality of life for older adults across Northeastern Ontario



Join the Stay On Your Feet movement and learn about healthy aging and living life to the fullest!

- **Visit our new website at stayonyourfeet.ca** with activities, tools, and resources on being active, eating well, and staying socially connected. Check out our healthy aging toolkit.
- **Like and share our weekly Facebook posts facebook.com/stayonyourfeetca/** with virtual and home-based exercise options, healthy aging tips, and more to help spread this important information.

For more information on healthy aging and preventing falls, call **Stay On Your Feet Sudbury and districts** at 705.674.4330 (toll-free 1.855.674.4330) or email stayonyourfeet@phsd.ca.



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