



Lee Ridel

“Stay On Your Feet has broadened my network of connections, allows me to make new friends, and continues to provide an opportunity to challenge myself.”

Marian Beauregard

“Fitness needs to start early in life.”

Pierre Brochu

“Monsieur Brochu est impliqué avec cette initiative pour donner aux personnes âgées de meilleur programme pour les aînées.”

Diane Morin

“I’m excited to learn about fall prevention and share key messages with other older adults so they can live healthy independent lives.”

Bev McChesney-Rumble

“Sharing information on fall prevention is important because too often we see vital, healthy seniors robbed of active lifestyles and the ability to care for themselves due to injury from a fall.”