

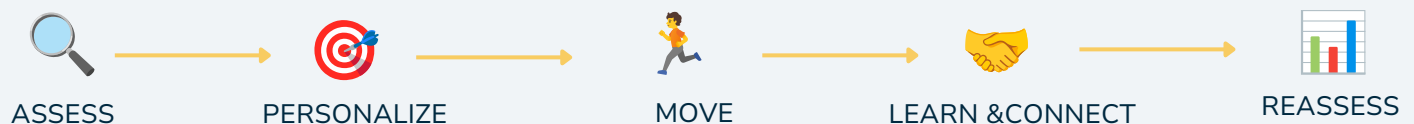
RISE STRONG

Stay Strong. Stay Steady. Stay Engaged.

Where Body, Brain & Community Grow Stronger

RISE Strong is a personalized, evidence-based program for healthy aging and fall prevention. It combines strength and balance training, brain-health activities, progress tracking and social connection to support mobility, confidence and overall well-being.

THE RISE STRONG PATHWAY



PERSONALIZED FROM THE START

Comprehensive Assessment

Comprehensive assessment covers fall risk, strength, balance, mobility, function, cognition, mental well-being, medications, chronic conditions, frailty, daily activities, readiness, and support needs.

MOVE WITH CONFIDENCE

Support Body & Brain

Build strength, balance, mobility, power and endurance while challenging the brain to help prevent falls and support brain health.

SEE PROGRESS OVER TIME

Track What Matters

Data-driven reassessments use motion capture to track strength, balance, function and fall risk—making progress visible and motivating.

LEARN, CONNECT & THRIVE

Support Mental Well-Being

Every session includes healthy-aging education and social connection, supporting mental well-being, engagement, and lifelong learning.

More Than Exercise.

RISE Strong is more than exercise — it is a complete program for physical health, brain health, and connection.

MOVE • STRENGTHEN • CONNECT • THRIVE

RISE Strong | risecare.ca | 403-988-4663 | info@risecare.ca

