

RISE STRONG

Move - Nourish - Connect - Restore

Stay Strong. Stay Steady. Stay Engaged.

Join us for a free interactive information session to learn:



- How **strength, power and balance** change with age
- The **right exercise** to improve **brain health** and **prevent falls**
- Where to start with a **personalized assessment**
- Ground-breaking **technology** that helps assess and improve balance
- Opportunities for **programming** to help you **stay safe in your home**

DATE: September 16th, 2026

TIME: 10:00am

PLACE: 3333 Richardson Way SW
Calgary, AB (Bethany Chapel)

Register Today!

RISE Strong is combining research, technology and personalized exercise to build strength, balance, mobility and confidence.

risecare.ca



Gail or Jocelyn



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Redefining Care | Innovative Solutions | Strategic Partnerships | Empowerment