



Help people stay on their feet one Zoomers class at a time

1 WHAT IS ZOOMERS?

FREE community-based fall prevention exercise program offered

- By and for adults 50+ since 2009.
- 3 hours/week all year long, focusing on balance.



2 EVIDENCE-BASED PROGRAM?



- Falls are the leading cause of injury-related hospitalizations and injury deaths among people aged 65 or older (Bouchard et al.,2021).
- Zoomers in Balance reduces the risk of falls.
- No differences between online and in-person Zoomers in Balance classes (Pitre et al.,2023).
- Zoomers in Balance has saved approximately \$7.2 million in health care savings over the past 5 years.

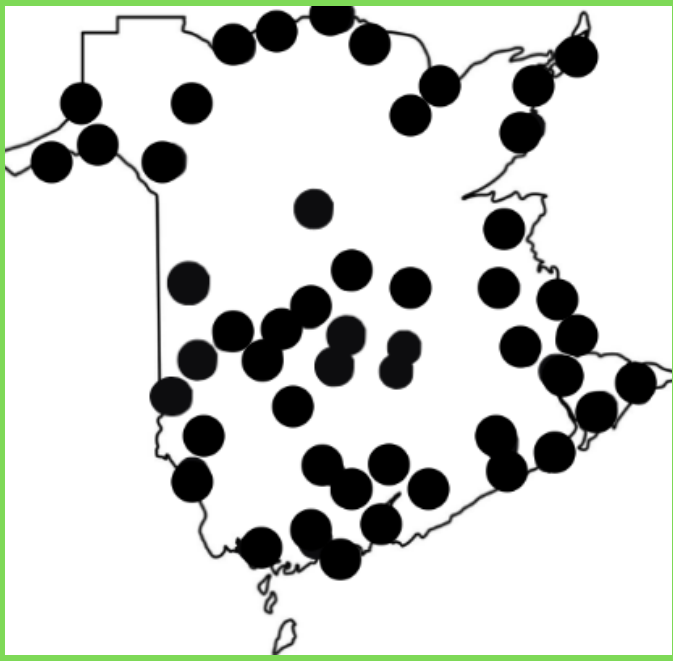
3 WHY SUPPORT ZOOMERS?

THE PROGRAM

- Cost about 1\$/week per participant
- Involves 49 active volunteer peer leaders; 53 more in training
- Offers a bilingual program in person and online
- Attracts around 4000 people per year
- Receives community support -Trauma NB, Medavie Foundation and Research NB

4 WHERE IS IT OFFERED?

The program is spreading across New Brunswick and is expanding throughout Canada.



5 WHAT IS NEEDED?

LONG-TERM SUPPORT TO:

- Maintain the offer
- Expand the offer
- Reduce waitlist
- Support the volunteer peer leaders
- Attract underserved communities

