

The Active Aging Society promotes the physical, social, and mental health of people 55+ in British Columbia and beyond.

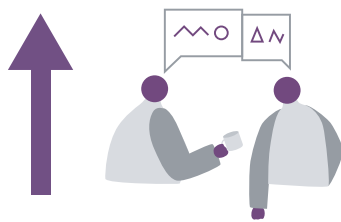
We provide solutions to keep seniors mobile and socially connected. Evidence guides our process to implement, scale, and sustain health-promoting innovations that work. The signature initiative of the Active Aging Society is Choose to Move.

Choose to Move effectively enhances the health, mobility, and social connectedness of participants

Increased physical activity



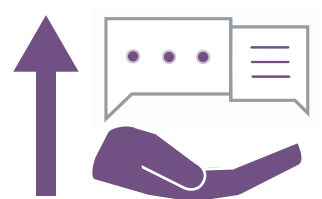
Increased feelings of social connectedness



Decreased feelings of loneliness



Increased access to community resources



We engage, connect, and build capacity

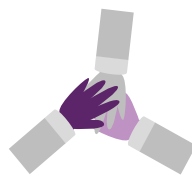
116
Delivery Organizations



199
Activity Coaches Trained



664
Referral Partners



4,808
Newsletter & Mailing List Subscribers



9,558
People 55+ have benefitted from our initiatives




~55,000
reached via website & social media



We are adapting Choose to Move to serve the pressing needs of even more British Columbians



'Let's Move Toward Better Health:'
culturally-relevant Choose to Move for Punjabi speakers. Launching summer 2024.



Surgical Waitlist:
Choose to Move for individuals awaiting joint replacement. We will pilot a 'prehabilitation' model by winter 2025.



Fall Prevention Model:
an adaptation of Choose to Move for individuals at risk of falling. We will implement the model in 2025-2026.