

Stand Up Falls Prevention Programs in Ottawa – Updated January 8, 2014

The following Stand Up Falls Prevention programs are open to seniors 65 and over, offered free of charge through Champlain LHIN funding. This program includes both an educational component provided by Public Health and physiotherapy exercises provided by certified staff.

****Other sites will be added once they have been confirmed. Please check back for updates.***

	Site	Address	Contact
Ottawa – South West Richmond	Rural Ottawa South Support Services	St. John’s Anglican Church 67 Fowler St., Richmond ON K0A 2Z0	Pro Physio Reception 613-747-8787 Call between 9:30 am and 1:30 pm Monday to Friday
Ottawa – South	Pro Physio Cedarview	4100 Strandherd Drive, Ottawa ON K2J 0V2	Reception 613-843-9000
Ottawa – West	Pro Physio March Road	836 March Road, Kanata ON K2W 0C9	Reception 613-599-9797
Ottawa – West	Western Ottawa Community Resource Centre	2 MacNeil Court, Kanata ON K2L 4H7	Pro Physio Reception 613-747-8787 Call between 9:30 am and 1:30 pm Monday to Friday
Ottawa – West	Pro Physio Kanata Town Centre	150 Katimavik Rd., Kanata ON K2L 2N2	Reception 613-592-3813
Ottawa – West	Pro Physio Carlingwood	2121 Carling Ave., Ottawa ON K2A 1H2	Reception 613-798-7272
Ottawa – Central *in Arabic starting April 2014	Centretown Community Health Centre	420 Cooper St., Ottawa ON K2P 2N6	Pro Physio Reception 613-747-8787 Call between 9:30 am and 1:30 pm Monday to Friday

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Ottawa – Central	Pro Physio Capital Sport	267 O'Connor St., Ottawa ON K2P 1V3	Reception 613-234-9970
Ottawa – Central *Disponible en français	Centre de services Guigues	159 rue Murray Ottawa, ON K1N 5M7	Reception 613-241-1266
Ottawa – South East	Pro Physio Bank St.	1695 Bank Street, Ottawa ON K1V 7Z3	Reception 613-521-0233
Ottawa – South East	Pro Physio Riverside Court	3635 Rivergate Way, Ottawa ON K1V 2A4	Reception 613-739-9833
Ottawa – East *Disponible en français	Pro Physio Montreal Rd.	150 Montreal Road, Ottawa ON K1L 8H2	Reception 613-842-9939
Ottawa – East	Rideau Rockcliffe Community Resource Centre	225 Donald Street, Unit 120, Ottawa ON K1K 1N1	Pro Physio Reception 613-747-8787 Call between 9:30 am and 1:30 pm Monday to Friday
Ottawa – East *Disponible en français	Eastern Ottawa Resource Centre	Sir Wilfrid Laurier Secondary School 1515 Tenth Line Road, Orléans ON K1E 3E8	Pro Physio Reception 613-747-8787 Call between 9:30 am and 1:30 pm Monday to Friday
Ottawa – East	Pro Physio Gloucester	1427 Ogilvie Road, Gloucester ON K1J 8M7	Reception 613-745-5643

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Ottawa – East *Disponible en français	Pro Physio Crown Pointe	900 Watters Road, Ottawa ON Orléans ON K4A 0B4	Reception 613-590-0509
Ottawa - East	Pro Physio Jeanne d’Arc	5941 Jeanne d’Arc Boulevard, Ottawa ON K1C 2N1	Reception 613-824-6744