

**Active Aging British Columbia (ABC) is the core portfolio of the Active Aging Society.**

ABC is our response to counter declines in quality of life among community-dwelling older adults, to challenge increased economic strains on BC's health-care systems, and to align with BC Ministry of Health's goal to promote health and prevent disease and injury. ABC initiatives embed best evidence to manage chronic diseases and counter falls risk at the community level.

ABC comprises two signature programs

**Choose  
to Move**

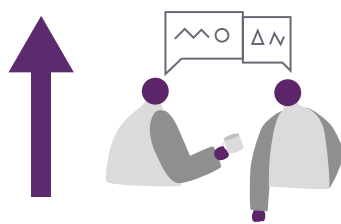
**Active  
Aging  
Grants**

**Choose to Move effectively enhances the health, mobility, and social connectedness of older adults**

Increased physical activity



Increased social connectedness



Decreased loneliness



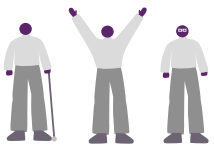
Increased access to community resources



**ABC engages, integrates, and connects**

**36,532**

seniors benefit from ABC initiatives



**11,200+**

reached at health promotion & falls prevention presentations



**1750+**

social media followers



**2100+**

newsletter subscribers



**37**

knowledge & referral partners



**ABC collaborates with community partners to build capacity throughout the province**

