

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**

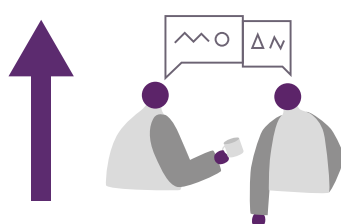
**Active
Aging**
Grants

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

36,399

seniors benefit from ABC initiatives



11,200+

reached at health promotion & falls prevention presentations



1500+

social media followers



1500+

newsletter subscribers



37

knowledge & referral partners



ABC collaborates with community partners to build capacity throughout the province

