

Join RISE!

Resilience, Independence, Strength, Empowerment

A FREE 2-Year Research Program to Reduce Fall in Older Adults

Ready to RISE?

Join a groundbreaking program designed for adults 60+ living in or around Rio Arriba County. RISE supports your physical, cognitive, and emotional health with personalized activities and long-term support—all while potentially reducing your risk of falling.

What is RISE?

RISE is a 2-year innovative research project to study how empowering older adults to improve their balance, mobility, brain health, and overall quality of life can reduce poor health outcomes from falling. Funded by the ACL Innovation Lab & the National Council on Aging, RISE uses creative strategies to prevent and reduce falls.

What Will Participants Do?

You'll choose from a monthly activity menu to complete at least four activities per week including physical exercise, brain training, emotional skill building, self-reflection, and community engagement in various formats that fit your life and preferences: solo, group, in-person, and virtual. You will take part in simple check-ins to track your progress and receive unlimited access to all activities offered at Bridge to Health NM during your time in the RISE program, including group fitness classes, the RISE gym, expert instruction, brain training, physical exercise, and socialization. Activities will be offered in Spanish when needed and on-site childcare will be available for participants who are caregiving for children. You will also receive incentives for reaching your goals along the way.

Who Can Join?

- Adults 60 years and older
- Living in Rio Arriba County or surrounding communities
- Willing to participate in four or more activities per week (in-person, online, at home, or in your community)
- Can commit to participate in RISE through June 2027

Why It Matters:

- Rio Arriba has one of the highest fall-related hospitalization rates in New Mexico.
- Falls can affect independence — but prevention, safe recovery skills, and resilience make all the difference

How To Join

Call or text (505) 591-4200 or tell the front desk at Bridge to Health NM at 628 Riverside Drive, Espanola that you want to join.

*You won't want to miss this unique opportunity.
Let's rise—together.*