

# McDowell Champ Program



CHAMP program, a free Falls Prevention Program, will begin its 11<sup>th</sup> year in McDowell County. Community Health and Mobility Partnership (CHAMP) program is to improve the health of older adults by decreasing their risk of falling by screening for depression, cognition issues, fear of falling, and physical activity level. Blood pressure is taken in multiple positions. CHAMP participant's medications are reviewed for possible interactions, so if you sign up, please plan to bring your medications or a complete list of your medications with dosage.

Exercise intervention maybe provided if the CHAMP participant is an appropriate client. The CHAMP partners included university/college health science students and faculty, local senior centers or wellness center, and local health care providers' agencies and organizations.

CHAMP is based on contextual learning with an inter-professional community service learning model. CHAMP participant's results are faxed to their primary care providers annually or when participant's status changes.

If you would like to sign up, McDowell CHAMP will begin **March 13, 2020**. Please call the McDowell Senior Center at **828-659-0821** or stop by the front deck at the McDowell Senior Center to sign up.