

OTAGO FALL PREVENTION

Evidence-based falls prevention program

Have you fallen recently? Do you worry about falling?
Are you looking to improve your strength and balance?

If yes, then this program is for you!

Join us for an 8-week Otago Exercise Program to improve your strength and balance!

Dates: assessments August 5th - Classes Aug 12th, 19th 26th, Sept 2nd, 9th, 16th 23rd, and 30th

Time: 12:00 am - 1:00 pm

Cost: \$60.00 (after the assessment day only if you qualify for the program)

Location: Fit For Life 4580 Sunrise Hwy Oakdale

How to Register: www.fitfor-life.org/book or call 631.317.3229

Why: Studies show that people who participate in the Otago Exercise Program AND continue to perform the exercises can decrease their falls risk by up to 40%!

This program will help you learn how to exercise safely, while improving your strength and balance! *Please note, this is an introductory exercise class for those with balance and strength deficits.*

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