

FALL PREVENTION PROGRAM

Active Wellness Center's Fall Prevention Program is designed to improve strength, balance, independence, fall risk awareness, and overall health of participants in order to prevent falls and improve quality of life.

Each six-week session includes assessments, exercise programming, education and support for people who are at risk of falling and/or who have experienced a fall event in the past. Led by experienced program instructors, these multi-level group classes feature balance training, lower body and core strength development, and mobility work.

WINTER SESSION

NOVEMBER 5 - DECEMBER 17, 2024

*6-week sessions, 2 classes per week for a total of 12 classes in each session
Fee: \$110 members / \$160 nonmembers, per person, per 6-week program*

- Level I (see below) - Tu/Th 1PM-1:50PM
- Level II (see below) - Tu/Th 2PM-2:50PM
- Providence Medicare Advantage will cover the cost for plan members

INDIVIDUAL PRE- AND POST-ASSESSMENTS

**10/31 & 11/1 | 1PM-2PM
STUDIO 2**

Includes fall risk questionnaire and movement assessments to guide placement in appropriate class

Level I - Higher risk/lower independence individuals (per pre-assessment)

- Limited to 12 people per class
- Walking device or wheelchair typically required for movement
- May be required or encouraged to participate with a caregiver for safety and to help participants perform and transition through exercises.

Level II - Lower risk/higher independence individuals (per pre-assessment)

- Limited to 20 people per class
- No walking device needed
- Caregivers not needed

**For more information, please contact Angie Dobrowski, Medical Fitness Manager,
at 503-512-5010 or angie.dobrowski@activewellnesscenter.com.**