



FALLS PREVENTION PROGRAMS IN NC

Program offerings vary by region and time of year

For people who have a low/moderate risk of falling. Modified chair exercises may be available.



Tai Chi for Arthritis & Fall Prevention
Twenty-session (10 or 20 weeks) group program; low impact, slow, continuous movements to improve balance, strength, flexibility and mindful movement.



Moving for Better Balance (YMCA)
Twelve-week group program to improve balance, muscle strength, and flexibility, and enhance both physical and mental health.



Enhance Fitness (YMCA)
Sixteen-week group exercise program, simple movements to motivate individuals to stay active throughout their life.

FIND A PROGRAM TODAY!

www.HealthyAgingNC.com

828-255-7712



For people who may be at higher risk of falling or may have a fear of falling. Modified chair exercises may be available.



A Matter of Balance

Eight-session (4 or 8 weeks) group program; learn to reduce the fear of falling and increase activity levels.



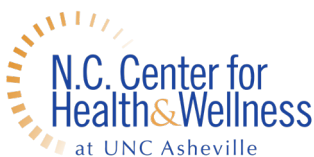
Bingocize

10-week program, combines a bingo-like game with exercise and health education.



The Otago Exercise Program

Series of 17 strength and balance exercises delivered by a physical therapist.



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SCAN THE QR CODE &
LEARN MORE**

