



## **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](http://www.HealthyAgingNC.com)

828-258-7712



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.

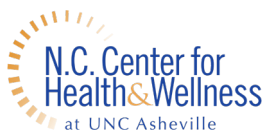


### Bingocize

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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As a collaborative initiative, NCFPC works with non- and for-profit partners without endorsing products or services, except for ACL- and CDC-approved evidence-based falls prevention programs. The NCFPC prohibits modifications to its materials without prior written approval by NCFPC.

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