



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
Sixteen-session (8 or 16 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
828-258-7712



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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