



REDUCE YOUR RISK OF FALLS

YMCA Fall Prevention Program



Learn how to protect yourself and live a full and active life, free from the fear of falling. Healthy Steps for Older Adults is an evidence based fall-risk screening and education class for adults 65 years and older, covering topics such as safety at home, proper footwear, bone health, the importance of exercise and good nutrition.

THE PROGRAM INCLUDES:

- » One day 4 hour workshop focused on Fall Prevention
- » Fall risk physical assessment for each participant
- » Program manual and guide to preventing falls
- » Home safety assessment
- » Community resource list
- » Learn how to get up from a fall
- » Learn exercises to do at home for preventing falls

To learn more or register for an upcoming class, please visit:

suncoastymca.org

WHEN:

Wednesday, May 8

TIME:

12:00-4:00pm

LOCATION:

Dunedin Public Library

MORE INFO:

Please call 727-379-2473 to sign up today!

FREE!
MEMBERSHIP
NOT REQUIRED