



## FallProof! Is for you

### Program Benefits:

- Improve your seated and standing posture
- Improve your walking ability
- Learn strategies to improve your ability to recover from a loss of balance
- Learn how to increase your confidence in completing physical activities of daily living

### Features:

- Structured and progressive exercise program designed to improve your balance and mobility
- Balance assessments to identify individual needs and demonstrate progress

FallProof! Has been recognized by the National Council on Aging (NCOA) as a Best Practice program in health promotion.

This program is taught by certified Fall Proof! Instructors who have completed a specialize training program through the Center for Successful Aging at California State University, Fullerton

This class requires a Medical Release from your physician. To inquire about participation, contact PPSC 765-8488 or visit our website [www.petalumapeople.org](http://www.petalumapeople.org).



Are you afraid of falling?

Are you unsteady on your feet?

Have you experienced 1 or more falls in the past year?

**FallProof is for you!**

PETALUMA PEOPLE  
SERVICES CENTER

1500 Petaluma Blvd. South  
Petaluma, CA 94952  
707-765-8488

[www.petalumapeople.org](http://www.petalumapeople.org)



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