

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 specialized 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.

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**

 **Synergy Health Club**
by St. Joseph Health 

**1201 Redwood Way
Petaluma, CA 94954
(707) 766-8080**

activesportsclubs.com | stjosephhealth.org