

FALL PREVENTION ACADEMY

At Roseville Health & Wellness Center we are committed to helping you stay active, confident and injury free. Our Fall Prevention Academy is designed to give you the tools needed to reduce the risk the falls.

Falls are the leading cause of death in seniors. 1 in 3 adults over 65 experiencing falls each year.

What to Expect:

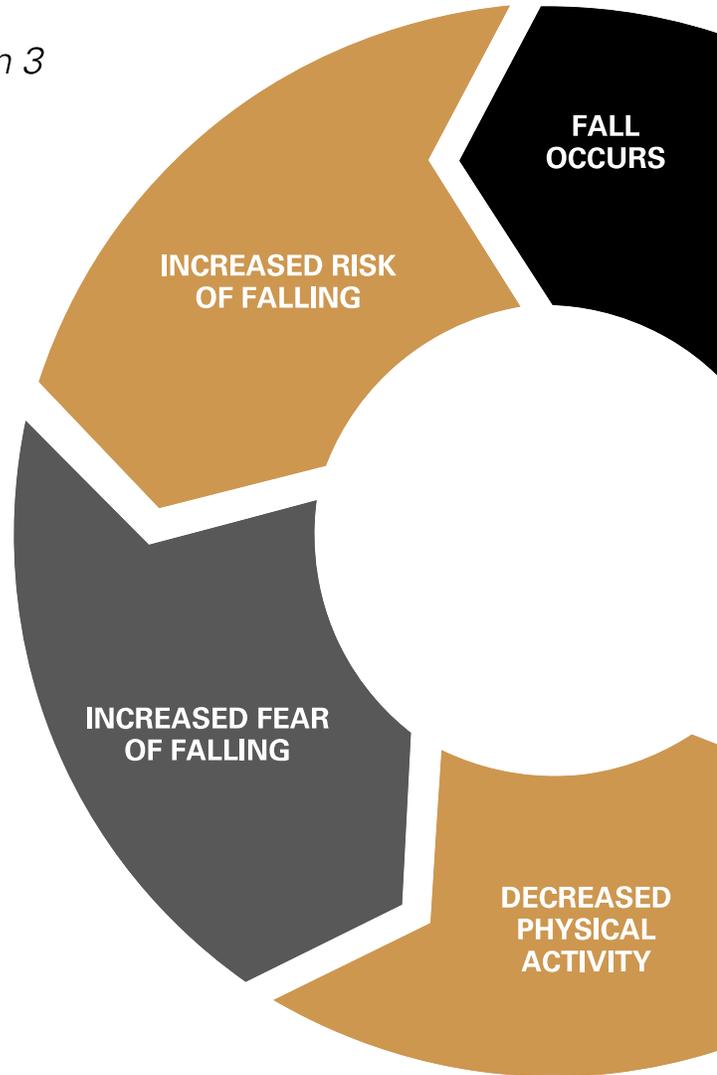
Fall Prevention Strategies: Identify common fall risks and learn simple safety methods

Balance & Stability Training: Introduce evidence-based balance and stability exercises

Overcoming the fear of falling: Discover how an active lifestyle and fall prevention tools can increase your confidence

Safe falling techniques: Learn proper fall techniques to reduce risk of injury

Strength & Mobility exercises: Learn specific exercises that will improve the key components to reduce fall risk.



RESERVE YOUR SPOT NOW! ONLY 10 SPACES AVAILABLE

Fall Prevention Academy is made up of 4 courses.
Courses are offered Tuesday/Thursdays from 9a-10a
Cost: \$99