

# **No Falls Exercise classes**

**A 15 week exercise program for older people to reduce the risk of falls.**

## **Exercises place emphasis on:**

Strength of muscles critical for posture and balance

Proprioception

Visual and vestibular stimulation

Reaction Time

## **Includes:**

Education in the areas of Physical Activity, Diet, Podiatry, Vision, Continence, and Medication Review

Monitoring of a Home Exercise Program

Progress Reviews