

# Fighting Falls

## Balance & Stability Program

Did you know? **1 in 3 adults aged 65 and older falls every year** and the most effective fall prevention intervention is exercise. Physical activity is a major factor in keeping good health and maintaining your independence as you age. The Fighting Falls Program is designed to improve balance, coordination, flexibility, and strength to reduce the risk of falls and maintain activities of daily living.



*"The instructor did an excellent job of tailoring exercises to each individual so that there was a sense of accomplishment no matter the level of achievement." ~Marcia T.*

**Upcoming Sessions:**  
December 4th-January 3rd\*

**Member Rate \$69  
Non-Member Rate \$69**

Mashpee  
168 Industrial Drive  
508-477-6128  
**Tues & Thurs 11am-12pm**

Hyannis  
735 Attucks Lane  
508-778-5000  
**Tues & Thurs 10-11am**

Osterville  
1284 Main Street  
508-420-3535  
**Tues & Thurs 11-12pm**

*\*No classes 12/25 or 1/1*