

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*

