

How Steady Are You?

Some ways to gauge your balance ability, adapted from the Berg Balance Scale and Tinetti Test—two common assessments used to measure balance.



Balance Training & Fall Prevention Training With Matthew Fennell

This 5-week partner training program is designed for anyone who is concerned about their loss of balance while performing everyday activities, has fallen recently or wants to help lessen the likelihood of future falls.

Participants will learn about and practice customized exercises that will:

- Improve balance and mobility
- Strengthen postural muscles
- Enhance joint range of motion and gait
- Develop better spatial and body awareness
- Increase confidence and quality of life

Sessions are for two participants with Matthew and last for 60-minutes each

Days and times can be scheduled based on your availability

Program fee: \$225

Please email matthewf@waverleyoaks.com to register or if you have any questions about the program.