

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:

January 8th-January 31st

February 5th-February 28th

March 5th-March 28th

**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 11am-12pm