

# 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:

October 8th-October 31st

November 5th-November 28th\*

December 3rd-December 31st\*\*

**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 1pm-2pm

#### Osterville

1284 Main Street  
508-420-3535

Tues & Thurs 11am-12pm

\*No class 11/28, makeup date TBD

\*\*No class 12/24

