

FALL PREVENTION WEEK

Join us for Fall Prevention Week at UNC and Rex Wellness Centers from **September 23-27**. All events are open to members and non-members at no cost.

Prioritize your well-being and ensure a confident and steady journey ahead!



VIRTUAL EVENT:

6 Steps to Falls Prevention Webinar

September 24th from 12:15-1:00 pm

Join us for a virtual session with Rex Wellness Center Personal Trainer Susan Reid. Learn how strength training enhances balance, bone health, and gait, and get tips on fall prevention, foot care, and footwear. The session will also feature a Tai Chi demonstration and a Q&A. Scan the QR code to register.



IN-PERSON EVENTS:

Rex Wellness Cary:

Better Balance Class: Wednesday, September 25, at 12:15 pm

Enhance balance and stability with targeted exercises.

No registration required. Contact jennifer.wardchase@unchealth.unc.edu with questions.

Rex Wellness Knightdale:

Yoga for Balance Class: Tuesday, September 24, and Thursday, September 26, at 10:00 am.

Balance and Fall Prevention Information Table in Lobby: September 24, 10:00 am-12:00 pm

No registration required. Contact andrea.mendez@unchealth.unc.edu with questions.

Rex Wellness Raleigh:

Falls Prevention Health Fair: Friday, September 27, from 12:00-4:00 pm

Pop-up Tai Chi: Thursday, September 26 at 3:00 pm

Bird Walks: Tuesday, September 17 and Tuesday, September 24 at 8:15 am

Falls Risk Assessments by appointment. Call the Rex Wellness Raleigh Front Desk to schedule 919-784-1371. Contact beth.arthur@unchealth.unc.edu with questions.

FALL PREVENTION WEEK CONTINUED...

UNC Wellness NW Cary:

Free Balance Assessments—No registration required, in the Personal Training Studio.

Tuesday, September 24: 11:00 am-12:00 pm

Thursday, September 26: 11:00 am-12:00 pm

Friday, September 27: 6:00-7:00 pm

Contact neva.avery@unchealth.unc.edu with questions.

UNC Wellness Meadowmont:

Free Balance Assessments—No registration required, in the Lobby.

Monday, September 23: 9:00-10:00 am

Friday, September 27: 6:00-7:00 pm

Contact kathryn.deblasio@unchealth.unc.edu with questions.

UNC Wellness NW Cary and Meadowmont:

Express Fit Labs focus on Balance for September.

Join us in preventing falls and maintaining your well-being! No registration necessary.

View NW Cary
schedule here.



View Meadowmont
schedule here.

