

# Stay Strong and Steady!

Join the Otago Exercise Program, an Evidence-Based Fall Prevention for Older Adults

The **Otago Exercise Program** is a proven strength and balance training program designed to reduce falls and improve mobility for adults aged 65 and older.

## Program Highlights:

- ✓ Improves balance and leg strength
- ✓ Reduces the risk of falls
- ✓ Customized to individual needs

## Who Should Join?

- Adults 65+ concerned about balance
- Those who've experienced a fall or near fall
- Anyone wanting to stay strong and independent

## Program Details:

 Location: First Floor Conference Room  
100 Hospital Road, Patchogue, NY

Across the street from NYU Langone Hospital—Suffolk

 Wednesdays, June 19 – August 7, 2025

 Time: 1PM- 2 PM

The program is FREE, but spaces are limited- registration required!

Scan the QR code or  
email to register



Questions?

Contact Hayle Boyle



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