

BALANCING ACTS:

Reducing Your Fall Risk*



FREE

Fall Prevention Lecture & Classes

- **PRESENTATION**: Sunday, March 19th at 9 am

Held at the Las Placitas Presbyterian Church

- **WEEKLY CLASSES**: Begin Monday, April 3rd at 1:30 pm

Classes will be weekly for 3-6 months - pre & post testing included

Held at the Placitas Community Center

WHAT YOU SHOULD KNOW:

- The NM Dept. of Health reports fall-related injuries are the 3rd leading cause of injury-related hospitalizations, emergency room visits and deaths for seniors ages 65 and older (behind poisoning & motor vehicle accidents) in NM
- An older adult falls every second. Less than half of them are reported.

** This is a modified version of the Otago Exercise Program; an evidence-based program from New Zealand. It has been validated to prevent falls in high-risk, community-dwelling older adults with noticeable impairments in balance and has been embraced by the NM Dept. of Health*