

FALLPROOF™

As we age, it's not unusual to experience a change in our sense of balance. Unaddressed, this can lead to an increased risk of of falling.



MILLS-PENINSULA'S FALLPROOF™ PROGRAM CAN HELP

This eight-week program provides one-on-one attention within a group setting. It begins with an assessment of your current balance and risk of falling. Participants progress through a set of balance training activities including identifying and strengthening your center of gravity, using all your senses to help balance, improving posture and style of walking and increasing strength, endurance and flexibility.

ABOUT THE PROGRAM

The program includes 8 class sessions, meeting once a week for six weeks. (Maximum class enrollment is six participants.) Fee: \$120 per person. Space is limited. Prior to the program, individual assessments will be conducted by appointment only, please call to schedule.

Jan 8- March 26 (There are several weeks without class, schedule to be announced)

Every Monday 1 p.m.- 2 p.m.

Mills Health Center, Saidy Room

100 S. San Mateo Drive, San Mateo

Individual assesments will be conducted prior to enrollment. Call **(650) 696-4310** for information to register.

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