



Falls Prevention

Aging is inevitable, falling is not. Many adults can benefit from learning low-impact exercise to improve balance and strategies to increase confidence and reduce their fear of falling. Juniper delivers evidence-based classes that have been proven to help older adults reduce their risk of falling.

A Matter of Balance

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Tai Ji Quan — Moving for Better Balance

This program helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements.

Stepping On

Stepping On offers participants a way of reducing falls and at the same time increasing self confidence in situations where they are at risk of falling. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and how to initiate a medication review.

Stay Active and Independent for Life (SAIL)

SAIL is a strength, balance and fitness program for adults. This class is designed to reduce the risk of falling by teaching participants how to perform exercises that improve strength, balance and fitness.

> For class information and to register, visit yourjuniper.org