



CBRC Health & Fitness

# FALL PREVENTION

This program is designed for anyone who is concerned about their health or the health of a loved one and wants to learn practical tips and tools to prevent injuries due to falls. Each session will focus on improving balance, flexibility, and strength while educating participants on strategies to avoid falling.

Fall Prevention participants meet with our exercise professionals twice a week for 30-minute sessions.

Fall Prevention Program is available in 3, 6, or 12-month formats.

Cost: \$36-\$43 per session depending on program length.

CBRC Health & Fitness Exercise Professionals believe in Movement Health and Movement Function. Get started today!

## CONTACT US

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