

# Fall Prevention Classes

## A Matter of Balance

*8-week, 2-hour per week class, includes chair-based exercises*

This class is designed for those 60 and older who are inactive with poor balance, who have fallen, and who may have developed a fear of falling. Participants should expect to begin an easy-to-do exercise regimen to improve balance, strength, flexibility, and self-confidence.

## Stepping On

*7-week, 2-hour per week class, participants have access to:*

- **A PHYSICAL THERAPIST** who teaches strength and balance exercises.
- **A VISION EXPERT** who provides information linking vision issues to falls.
- **A PUBLIC SAFETY EXPERT** who discusses avoiding falls in public.
- **A PHARMACIST** who tells how medications affect a person's risk for falls.

This class is designed for individuals 65 and older who have either fallen or have a fear of falling. Participants should not have dementia, should not be reliant upon a walker, and should be motivated to exercise with gradual use of leg weights at home.

## Tai Chi: Moving for Better Balance (TCMBB)

*12-week (twice weekly), 1.5-hours each class*

TCMBB is an easy-to-do Tai Chi derived from the Yang style to become a slow, controlled, and relaxed system of movements. TCMBB has been proven to increase strength, stamina, mindfulness, body awareness, provide better balance, decrease brain shrinkage and provide "just as good as" physical therapy for the those with knee osteoarthritis. Participants must be 60 years and older, willing to participate in at least 75 percent of the classes, and willing to practice at home. Chair may be used.

## Walk with Ease

*6-week structured walking program*

An individual works up to walking a minimum of 30 minutes per day, three days per week. Besides walking, the other program components include health information, motivational tips, helpful tools, and other exercises.

To sign up for one of the Fall Prevention Program's evidence-based classes, please call:

**Dina U. Ontiveras** | **(805) 477-7343**

Fall Prevention Program Coordinator at

*Registration is completed on the first day of class attendance.*

*All  
Classes  
are FREE of  
charge!*

VENTURA COUNTY  
**Vaaa**  
AREA AGENCY ON AGING

The Area Agency on Aging's Fall Prevention Program strives to assist adults to maintain their independence at home. Should a person fall, that independence could be lost. A good method of preventing a fall is to participate in one of our evidence-based classes.

Ventura County

**Fall  
PREVENTION  
Program**

