

## **FREE EIGHT-WEEK FALL PREVENTION ONLINE COURSE FOR OLDER ADULTS**

As an OHSU Senior Fall Prevention Certified Coach, I am offering a free “Matter of Balance: Managing Concerns about Falls” online training for people in our Ashland community. I have 5 spots available. Low-income people will have priority. Please forward this to everyone who might need this training or might be interested in receiving more information about it.

Online Zoom meetings will be every Tuesday at 11 am starting in mid-August. This is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants will 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. This program was developed by the Boston University Health and Disability Research Institute.

- Learn about fall prevention strategies.
- Recognize how concerns about falling can affect daily activities that result in increased fall risk.
- Reduce fear of falling and gain confidence in yourself as an active older adult.
- Explore options for physical activities and socialization.
- Develop personal plans to prevent falls and a home safety list to maintain your activities of daily life in a safe environment.
- Perform an evidence-based set of exercises.
- Receive a free workbook with tips and activities regarding fall prevention.

Please contact me ASAP for more info or to sign up.

### ***Carlos A. Bracuto***

Certified Fitness Trainer

Certified Senior Fall Prevention Coach

Certified Yoga Teacher

Certified Advanced Qigong Instructor & Tai Chi Chuan Teacher

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