

health &
wellness

at the
Sabes JCC



Who is at Risk for Falling? Everyone!

FALLS RISK ASSESSMENT

How High is your Risk for Falling? Come find out! A few short assessments will give you perspective on your risk for falling. The results will provide valuable information to help determine if the *Advanced Balance and Mobility Class* is right for you.

There are multiple factors that can increase fall risks including:

- Environmental: loose rugs, uneven sidewalks
- Biological: Age, illnesses, decline in physical health
- Behavioral: lack of exercise, medications, alcohol

**Contact Chris Head to schedule a FREE 20-minute
Falls Risk Assessment**

ADVANCED BALANCE & MOBILITY SPECIALTY PROGRAM

Our 5-week program provides activities to enhance your balance and decrease your risk of falling. This course is led by Chris Head. She incorporates her expertise and evidence-based resources in a fun, small-group setting!

Work on the multiple factors that contribute to balance and mobility. This program is based on research, tested in a range of settings, and proven to be successful.

GROUPS FORMING AS INTERESTED!

COST: \$130 • \$100 Member Value Price

Questions or to sign up? Please contact Chris Head at chead@sabesjcc.org or call 952-381-3418.

sabesjcc.org



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