

# FREE FROM FALLS

A COMPREHENSIVE FALL PREVENTION PROGRAM FOR PEOPLE WITH MS

*Falls are common among people with MS, often leading to injury and negatively impacting quality of life.*

**Free From Falls** is an 8-week

*fall prevention program designed for people living with MS who walk with or without a cane, but may be at risk for falling.*

**Now offered on SATURDAYS!**

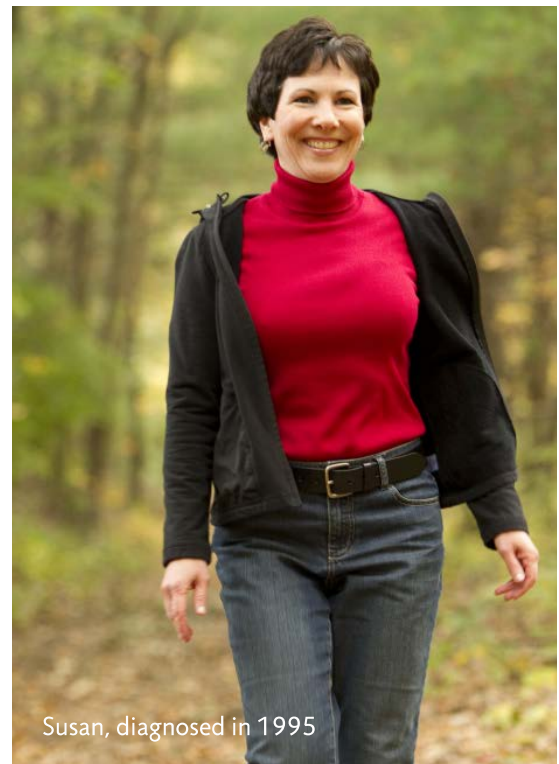
Each week's 2-hour program will include:

**FALL AWARENESS** – discussion of issues related to falls

**BUILDING BETTER BALANCE** – exercises to improve postural alignment, balance and mobility

You will learn:

- The risk factors that may contribute to falls
- Strategies to prevent falls
- Exercises aimed at reducing fall risk
- How to manage a fall if one does occur



**Join us Saturdays, starting October 5th through November 23rd, 2019**

**Pre-registration is required.**

To learn more about this program and determine if it is right for you contact:

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