

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.*



Susan, diagnosed in 1995

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 Mondays, starting September 17th through November 5th, 2018

Pre-registration is required.

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

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