



# 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 without a cane, but may be at the risk of falling.

## Each week's 2-hour program will include:

**FALL AWARENESS:** discussion of issues related to falls.

**BUILD BETTER BALANCE:** exercises to improve postural alignment, balance and mobility.

## You will learn:

- 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.

## Classes run Mondays, October - December

Application and Medical Clearance required. Registration required. Space is limited.

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

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