



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 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

Program Cost:

We are committed to making 'Free From Falls' accessible to as many individuals with MS as possible. To cover operational expenses and ensure the highest level of service, there is a nominal program fee of \$50 for the entire 8-week duration. We believe this investment in your safety and well-being will yield invaluable benefits in the long run.

Classes run Saturdays, 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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