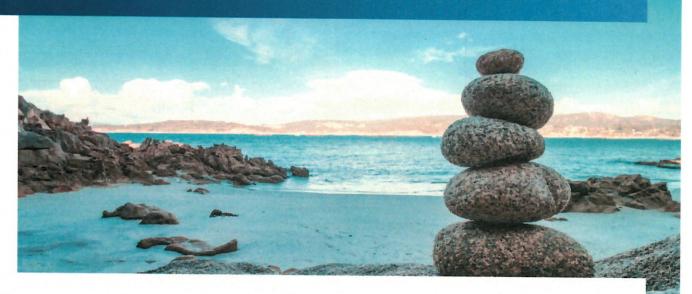
# FREE FROM FALLS

A comprehensive fall prevention programfor 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:

#### Kara Deliman

Marilyn Hilton, MS Achievement Center at UCLA

call: (310) 341-5459 or (310) 267-4071 email: KDeliman@mednet.ucla.edu



