



Falls Prevention

Aging is inevitable, falling is not. Many adults can benefit from learning low-impact exercise to improve balance and strategies to increase confidence and reduce their fear of falling. Healthy Living for ME delivers evidence-based classes that have been proven to help older adults reduce their risk of falling.

A Matter of Balance

A Matter of Balance emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Tai Chi for Better Health

Tai Chi is an enjoyable exercise that can improve balance, relieve pain, and improve health and ability to do things. It is easy to learn and good for all ability levels. Tai Chi is one of the most effective exercises for the health of mind and body. It helps people to relax and feel better.

Tai Ji Quan

This program helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements.

Enhance[®]Fitness

EnhanceFitness is a low-cost, evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized and empowered to sustain independent lives. A full hour of fun, EnhanceFitness focuses on dynamic cardiovascular exercise, strength training, balance, and flexibility – everything older adults need to maintain health and function as they age.

> For class information and to register, visit healthylivingforme.org