

OFA Fall Prevention Classes

Call OFA for more information: 845-486-2555



A Matter of Balance
Managing Concerns About Falls

With "A Matter of Balance," you can:

- Learn about common misconceptions related to falls
- Learn to view falls as controllable and preventable
- Troubleshoot with peers how to prevent falls in everyday situations
- Participate in simple exercises to improve strength and balance

The curriculum includes group discussions, mutual problem solving, roleplay activities, exercise and assertiveness training, and a few homework assignments.

Everybody can benefit from Tai Chi. It helps to improve strength, coordination, balance and body awareness which can help to prevent falls. Tai Chi can even be adapted for people in wheelchairs, and those who have recently undergone surgery.



Bingocize is bingo...with fall prevention tips and exercises mixed in! It's a fun way to get seniors moving and socializing.

OFA Senior Exercise classes are available throughout Dutchess County. Participants start with one pound weights and gradually increase the weight when they feel they are able. Talk to your health care providers about which OFA Exercise classes could be right for you.



To register for a class, you must first fill out an application. Contact the Office for the Aging at **845-486-2555** for the appropriate forms.

For more information, visit dutchessny.gov/SeniorExercise

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