



# FREE FALL PREVENTION CLASSES

## Building Pathways to Independence

The Middlesex County Empowering Seniors Fall Prevention Network is a consortium of older adult service providers, including municipalities, non-profits, and other organizations providing services for older adults and individuals with disabilities in Middlesex County.



**A Matter of Balance (MOB)** is specifically designed to reduce the fear of falling and improve activity levels for older adults. The program includes eight two-hour classes presented to a group of 8-12 participants led by trained coaches. Participants learn to view falls as controllable, set goals for increasing activity levels, make small changes to reduce fall risks at home, and exercise to increase strength and balance.



**Bingocize®** is a 10-week, fall prevention program led by trained coaches, which combines exercise and fall prevention education with the familiar game of bingo – a fun way to get moving and socializing.

**New members of the Fall Prevention Network are always welcome!**

For more information, please call 732-418-8091 or email [lisa.cheng@rwjbh.org](mailto:lisa.cheng@rwjbh.org).

### IN PARTNERSHIP WITH:



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