

Exercise Physiologist led  
**FALLS  
PREVENTION  
EXERCISE PROGRAM**

**Keeping you stronger and independent for longer**

**BASScare's Falls Prevention program is an evidence based exercise and educational program targeting reducing your risk of falls.**

Our program aims to improve your balance, strength and confidence. Classes are complimented by home exercises and educational sessions all designed to help you maintain your health, mobility and independence. You will be assessed by our exercise physiologist Matthew Azzopardi, at the beginning and end of the program to evaluate your progress and needs.

**15 week program includes**

- a pre-course assessment
- 13 weekly group exercise classes (60 minutes)
- a post-course assessment



**Book Today**



Feel Good  
Live Well

weekly classes starting **Thursday  
26th March**

1.30pm-3.00pm

Canterbury Centre,  
2 Rochester Road,  
Canterbury

**Cost: \$200** (T&C's apply)

- Pre-course assessments conducted during the 2 weeks prior by appointment
- Post-course assessments conducted by appointment and will finish on the 25th of June

**Transport: \$5** each way (booking required)

**Bookings/enquiries: 9880 4709 or email [m.azzopardi@basscare.org.au](mailto:m.azzopardi@basscare.org.au)**

 **BASScare**

**BOROONDARA AGED SERVICES SOCIETY**

**BOOKINGS**

**9880 4709**

**WEBSITE**

**[basscare.org.au](http://basscare.org.au)**

**FACEBOOK**

**@BASScareAgedCare**