

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.

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
Tuesday classes
23rd March starting on

1.30pm-3.00pm

Canterbury Centre,
2 Rochester Road,
Canterbury

Pre-course assessments conducted during the 2 weeks prior by appointment. Post-course assessments finish on the 24th of June.

Cost: \$200 (T&C's apply) **Transport: \$5** each way (booking required)

Bookings/enquiries: 9880 4709 or email m.azzopardi@basscare.org.au



BOROONDARA AGED SERVICES SOCIETY

BOOKINGS

WEBSITE

FACEBOOK

9880 4709

basscare.org.au

[@BASScareAgedCare](https://www.facebook.com/BASScareAgedCare)