

FALLS PREVENTION AWARENESS WEEK, SEPTEMBER 18-22, 2023

MercyOne Health & Fitness Center is proud to support the nationwide initiative to raise awareness on preventing falls, reducing the risk of falls, and helping older adults live without fear of falling. We are offering a variety of educational opportunities throughout Falls Prevention Awareness week. All events are FREE to members, some require registration due to limited space. Join us!

Monday, September 18
11:30am-12:15pm
Mind & Body Studio

BUILD BETTER BALANCE

Carol Stephens, Personal Trainer

Gain a deeper understanding of how your brain plays a role in better balance. Learn exercises to enhance your balance plus improve foot strength.

Registration is required. Sign up at the Member Services desk or online.



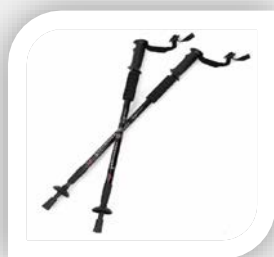
Tuesday, September 19
9:00 – 9:30am
Mind & Body Studio

ACTIVATOR POLE DEMO

Ildiko Timmerman, Urban and Activator Pole Instructor

Learn the difference between Urban Poles and Activator Poles. Find out how Activator Poles can improve your posture, core strength, and provide increased balance and stability.

Registration is NOT required, just show up! If you have poles, bring them!



Wednesday, September 20
12:00 – 2:00pm
Demo Kitchen

FIGHT THE FALL! - FALL RISK ASSESSMENT

Two Doctors of Physical Therapy from FYZICAL Therapy and Balance Centers will be performing FREE Fall Risk assessments. They will answer questions and determine your need for vestibular rehabilitation. Test takes about 20 minutes. Individuals of all ages and conditions are encouraged to participate.

Registration is NOT required, just show up!



Thursday, September 21
12:30 – 1:00pm
Aerobics Studio

FALL PROOF WORKSHOP

Ildiko Timmerman and Jen Voorhees, FallPROOF Specialists

Learn how to safely and efficiently get up from a fall and what you can do to prevent falls. Learn how to safely assist someone after a fall. Spouses, partners, and caregivers are encouraged to attend together.

Registration is required. Sign up at the Member Services desk or online.



Friday, September 22
8:30 – 11:00am
Lobby

BALANCE TESTING AND BLOOD PRESSURE CHECKS

Fitness Staff

Perform any or all of the balance tests and get your blood pressure checked to determine your risk of falling. Discuss ways to improve your balance. Tests performed are 30-second Chair Stand, Timed Up & Go, and the 4-stage Balance Test.

Registration is NOT required, just stop by!

