



Falls prevention

healthyaging.utah.gov
Find-a-workshop
(888) 222-2542

I hope to live a healthy, active meaningful balance for whatever time I have left of my life. This class has taught me ways to get up from a fall, finding ways to reduce my falls, increase my flexibility, increase my strength, and becoming more steady on my feet. I will recommend this class to others!

Stepping On participant



**Department of Health
& Human Services**

Falls prevention

Enhance Fitness

- 3 times per week for 1 hour

Stepping On

- 1 time per week for 2 hours

Tai Chi

- 1 hour per week for 16 weeks
- 1 hour twice a week for 8 weeks

Benefits from participating

- Decreases depression
- Decrease feelings of isolation
- Improves self-confidence
- Increases physical function
- Decreases unplanned falls hospitalizations
- Improves arthritis symptoms
- Expands the mind, body, and spirit
- Improves flexibility

This program does not replace existing treatment



**Department of Health
& Human Services**