



Falls Prevention

Our vision is to empower adults to age well. There is a workshop for everyone and most of our classes are no charge. Register at healthyaging.utah.gov.

Program	Description	Time	Audience	Cost
Enhance[®]Fitness (EF)	The EnhanceFitness [®] (EF) class focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.	1 hour class 3 classes/week	Adults of all fitness levels who want to establish an exercise routine.	No cost
Stepping On (SO)	Stepping On is a falls prevention program that addresses medication, visual impairments, strength, balance, and the home environment.	2 hours/class 1 class/week 7 weeks plus a one-on-one follow up and a 1-hour reunion class	Older adults who are at risk for falling, have recently fallen, or have a fear of falling.	No cost
Tai Chi (TC)	Tai Chi is an enjoyable exercise that can relieve your pain, improve your health, and increase your ability to do things.	1 hour class	Anyone 65 and older is welcome to join!	No cost