

City of Inglewood - Senior Services

presents

A Fall Prevention Center of Excellence Program

InSTEP™

Increasing Stability Through Evaluation and Practice

An exercise program, medical-risk and home-risks assessments,
and fall prevention classes.

Purpose: To improve stability and balance.

A 12-week commitment is required to address the program components of InSTEP.

1. Group Exercise Classes held at the Inglewood Senior Center on Tuesdays and Thursdays from 9:30-10:30 a.m. plus a supplementary home exercise program.
2. A Medical-risk Assessment.
3. A Home-risk Assessment.
4. Six fall related discussion groups.

Your participation in this program is entirely voluntary.

There is NO FEE to participate in this program.

Interested persons must schedule an appointment to be screened and successfully meet the requirements on the back of this notice to enroll in the program.

To schedule an appointment to be screened, please stop by the Inglewood Senior Center at 330 Centinela Ave., Inglewood, CA 90302 or contact Carrie Greer at 310-412-4352.



**Schedule an appointment to be screened today!
Class begins June 23, 2009!**



This program is made possible by a grant from the Archstone Foundation.

You qualify if you:

- 1) Are 65 or older;
- 2) Sedentary or under-active (not engaged in structured, moderate-intensity physical activity for 30 to 40 minutes for more than 3 days per week during the previous 3 months);
- 3) Have one or more of the following risk factors:
 - A. Injured in a fall in the past 6 months
 - B. Two or more non-injurious falls in past 6 months
 - C. Self-reported mobility impairment or use of assistive device and/or
 - D. Self-reported problem with balance.
- 4) Are able to safely walk 200 feet without using an assistive device;
- 5) Have no significant memory impairment.