

**EVERYTHING
YOU NEED TO
KNOW TO STAY
INDEPENDENT
& PREVENT
FALLS**



Contact Us

609-677-7507 or email
wellness@atlanticare.org



**FALL
PREVENTION
RESOURCES**

AtlantiCare
HEALTH ENGAGEMENT

Our Services

Falls are preventable and there are simple steps you can take to stay independent longer. AtlantiCare offers free fall prevention seminars to educate older adults who have concerns about falling.

Stand Tall, Prevent Falls

This is a FREE one hour seminar presented by AtlantiCare Health Engagement. Participants will learn home safety tips, exercise tips to increase balance and much more.

Visit Our Fall Prevention Webpage

<https://www.atlanticare.org/or-our-community/fall-prevention>



A MATTER OF
BALANCE

MANAGING CONCERNS ABOUT FALLS

"An older adult falls every second of every day. Falls affect us all—whether personally or someone we love or care about."

- Center for Disease Control

Interested in bringing fall prevention education to your site? Call AtlantiCare Health Engagement 609-677-7507 or email wellness@atlanticare.org

A Matter Of Balance Program (MOB)

A Matter of Balance is a FREE 8 week fall prevention program, geared for individuals who are interested in improving flexibility, balance and strength.

Participants will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who should attend?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

**caregivers welcome*