

Reduce Your Risk of Falling with these Classes & Screenings

CLASSES

Stepping On

Learn balance and strength exercises, ways to keep from falling and how to eliminate fall hazards. For people age 65 and older who don't have dementia, who have fallen in the past year or have a fear of falling, live on their own and don't use a wheelchair or walker full-time.

Tai Chi for Arthritis & Fall Prevention

This program can help you reduce pain and stiffness while increasing strength, flexibility, mobility and balance. It also promotes correct body posture, integrates body and mind, imparts tranquility and improves energy.

Tai Chi for Beginners

This introductory level Tai Chi program can help you recover from a stroke or injury, and improve arthritis and fatigue. It is a useful tool to rejuvenate and restore your health and wellbeing.

Strength Training for Seniors

Strength training can make everyday activities easier, like going up and down stairs, getting up off the floor, bringing in groceries, playing with your kids or grandkids and so much more. This class will help improve your bone density, strength and balance, and is for men and women of all fitness levels.

Strength Training for Women

Strength training increases metabolism, reduces risk of osteoporosis, helps you sculpt and tone, and gives you more energy and strength for daily activities. This class for women of all ages and fitness levels will help you to learn proper form, decrease body fat, and increase strength and athletic performance.

These classes are offered multiple times a year at Bryan LifePointe Campus.

For more information and to register for any of these classes, go to bryanhealth.org/calendar or call 402-481-6300.

Preventing Falls and the Injuries They Cause

This class is offered twice a year at Bryan West Campus. To register, go to bryanhealth.org/calendar or call 402-481-6874.

Every year about 50 percent of all people age 65 and older are injured due to a fall. You don't have to be part of this statistic! Join Bryan physical therapists for this free class to learn how you can lower your risk of falling through exercises, home safety tips and more.

SCREENINGS

Injury Screening

Pain or injury? Let us take a look. A Bryan physical therapist will assess your sprain, strain or nagging pain and give recommendations for continued care to heal and relieve pain.

These free screenings are offered once a month at Bryan LifePointe Campus. To schedule an appointment for either screening, call 402-481-6300.

Balance Screening

Regain your balance and prevent injury! Receive recommendations from a Bryan physical therapist to improve or maintain your balance.

