



Falls prevention

“Great and easy information taught in
a very nice and easy way to
take care of myself.”

To register:

healthyaging.utah.gov

888-222-2542



Utah Department of
Health & Human
Services

Weekly classes may

- Build physical strength
- Improve your balance
- Decrease your risk of falling
- Include meditative exercise
- Increase your sense of well-being

Falls prevention classes

- Enhance[®]Fitness
- Stepping On
- Tai Chi

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This program does not replace existing treatment.



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