



Are you at risk of falling?

As we age, it's not unusual to experience a change in our sense of balance.

Unaddressed, this can lead to an increased risk of falling.

Mills-Peninsula's FallProof™ program can help

This six-week program provides one-on-one attention within a group setting. It begins with an assessment of your current balance and risk of falling.

Participants progress through a set of balance training activities including identifying and strengthening your center of gravity, using all your senses to help balance, improving posture and style of walking and increasing strength, endurance and flexibility.

About the program

The program includes 12 class sessions, meeting twice a week for six weeks. (*Maximum class enrollment is six participants.*) **Fee:** \$180 per person. Space is limited. Prior to the program, individual assessments will be conducted by appointment only, please call to schedule.

September 30 – November 20

■ Wednesdays and Fridays

11 a.m. – noon

Saidy Conference Room

Mills Health Center

100 S. San Mateo Drive, San Mateo

Individual assessments will be conducted from Sept. 4 – 18 (Wednesdays and Fridays)

Call (650) 696 4310 for information or to register.

About the instructor

Occupational therapist Kitsum Li, OTD, has 20+ years experience, including more than 15 years working with seniors in their homes to address fall prevention. A certified FallProof instructor, she also teaches fall prevention for therapists and is an active member of the San Mateo County Fall Prevention Task Force and the California Stopfalls network.



*Mills-Peninsula
Health Services*

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