



FALL PREVENTION PROGRAMS

Available Programs:

Balance & Mobility Training
Matter of Balance
Functional Fitness

Did you know?

Falls are the number one cause of injury, hospital visits due to trauma, and death from an injury among people age 65 and older. It is estimated that one in three older adults falls each year.

Falls among older adults is a serious issue, but research has shown that many fall risks can be reduced.

**For more info or to enroll
please call 310-318-0650**

endurance. *flexibility.* strength.

Statistics show that:

More than 40% of people hospitalized from hip fractures do not return home and are not capable of living independently again;

25% of those who have fallen pass away each year;

On average, two older adults die from fall-related injuries every day in California

CITY OF REDONDO BEACH SENIOR AND FAMILY SERVICES
1922 ARTESIA BLVD. REDONDO BEACH CA. 90278
310 318.0650 • WWW.REDONDO.ORG/SENIOR

