



TAKING STEPS TOWARDS SAFETY

National Falls Awareness Week September 18-22

"Falls are the leading cause of fatal and nonfatal injuries for older Americans. Falls threaten senior's safety and independence, and generate enormous economic and personal costs. However, falling is not the inevitable result of aging," according to the National Council on Aging. The number of falls among seniors can be substantially reduced with intentional planning and practice.

The Y is here to help!

Below are ongoing & special event fall prevention resources available to you.

Monday, September 18

Virtual Y Balance Class @ 10am
Log in with membership number or
ask us for a free trial code!

Tuesday, September 19

Balance at Home Workshop with Zibrio Balance
Specialist Mary Latta @ 10am in Studio 1
Free for members/Pre-registration required

Wednesday, September 20

Check your balance with Eric D Short-Miller, PT, DPT,
Cert MDT, from Fyzical Balance and Therapy Center.
YMCA Lobby from 9:30-11:30am
Free to members, first come, first served.

Thursday, September 21

Better Bones & Balance Workshop
This Oregon State University evidence-
based program teaches you the 5 Better
Bones Exercises and multiple balance
exercises for at-home practice.
1:15pm | \$12 Y Members
Pre-registration required.

Friday, September 22

YMCA Balance Class
11:15am-Noon, Studio 2

For information on any of these activities,
please contact Tammy Bennett at
tbennett@whatcomymca.org or 360 255 0490