



Helping you stay healthy,
active and strong.

Find your strength.



SPAULDING
REHABILITATION HOSPITAL
CAPE COD

Balance and Fall Prevention for Active Older Adults

This class is geared for individuals who are at risk of falling or who may have experienced a fall in the past. Participants will learn strategies and exercises specifically designed to increase balance, strength and flexibility. We'll engage in various stretches and balance drills using chairs, walls, rails and Thera-bands, focusing on key muscles and joints to increase the range of motion and strength. Our goal is to build stability and improve reaction time so that balance is maintained and falls risk is reduced.

YOUR INSTRUCTOR: **NEIL SULLIVAN**



Neil is an Exercise Physiologist who teaches Yoga, Movement Therapy and Fall Prevention in both outpatient and clinical group settings. Neil has served as an adjunct professor in the Health & Sciences department at several colleges in the Boston area and is currently enrolled in graduate pre-med studies in pursuit of his doctorate degree.

Try a Class for Free!

WHEN

**Tuesdays and Thursdays
2:00–3:00 pm**

WHERE

**Spaulding Cape Cod
Multi-purpose Room
311 Service Road
East Sandwich**

COST

**\$10 per class
Pay as you go!**

MUST PRE-REGISTER ONLINE

**[www.spauldingrehab.org/
SCCWellness](http://www.spauldingrehab.org/SCCWellness)**

FOR MORE INFORMATION

(508) 833-4078

Find us



www.spauldingrehab.org