

FALL PREVENTION



*Have you fallen in the last six months?
Or, do have trouble with tripping, swaying, stumbling,
and dizziness?*

CONSIDER:

- A Free 15-minute Balance Screening. They are offered from 2-3 p.m. every 3rd Wednesday of the month at Therapist Specialists. Interested? Call 624-3700 to schedule an appointment.
- A Balance Evaluation. Go to the following Physical Therapy locations for a thorough evaluation and treatment of your balance. Insurance covers physical therapy treatment for balance.

Therapy Specialists

(Located inside Sequoia Medical Center, 2nd Floor)
820 S. Akers St., Suite 200
Visalia, CA 93277
(559) 624-3427
Fax: (559) 635-6144

Exeter Therapy Specialists

1131 W. Visalia Road
Exeter, CA 93221
(559) 592-7342
Fax: (559) 592-1202

Kaweah Delta Rehabilitation Hospital

840 S. Akers St.
Visalia, CA 93277
(559) 624-3906
Fax: (559) 635-4045

Dinuba Therapy Specialists

355 Monte Vista Drive
Dinuba, CA 93618
(559) 595-7650
Fax: (559) 624-6590

ADDITIONAL COMMUNITY RESOURCES:

- *Tai Chi Classes. Research has shown that Tai Chi reduces falls up to 67% and can help with balance.*

TAKE A CLASS AT:

*Therapy Specialists
820 S. Akers St.,
Suite 200, Visalia.*

- Offerings: Beginning and advanced classes.
- Cost: \$7.50-\$10 per class
- Info: 624-3427

*Club 50
215 W. Tulare Ave.,
Visalia, CA 93277*

- Offerings: Club 50 is a senior fitness program operated by The Lifestyle Center of Visalia and overseen by an exercise physiologist. The program runs Monday, Wednesday and Friday from 8 a.m. to 12 p.m. at the Boys and Girls Club of the Sequoias. Program offers weight room, treadmills, and Sit-N-Be Fit class and a low impact aerobics class.
- Cost: \$40/year
- Info: 735-0754

Empowerment for Better Living Workshops

- Offerings: Workshops for people with chronic illness or family/friends of a person with a chronic disease interested in learning how to live a healthier life. Includes fall prevention tips and better balance exercises.
- Cost: Free
- Info: 624-2416 or www.kaweahdelta.org/livebetter

The Lifestyle Center 5105 W. Cypress Ave., Visalia

- Offerings: Steady Steps Class, a class focused on balance and coordination. Sit-N-Be Fit Class, a group exercise class where participants sit in a chair and improve strength and flexibility.
- Cost: \$15, non-members; free, members.
- Info: 624-3400

Visalia Senior Center 310 N. Locust St., Visalia.

- Offerings: Through the City of Visalia Recreation Department
- Cost: \$5 (morning) to \$6.50 (evening)
- Info: 713-4365