

STAY STRONG: A Fall Prevention Program

We will come to your home and teach you exercises that will keep you strong.

A trained instructor will conduct four home visits to develop an exercise plan that can be done at home, individually, or with the help of a caregiver.

The program is for anyone that has limited their activities due to a fear of falling.

Older adults are advised to stay active to stay strong. It is important to remember to move around as much as possible in a safe environment. This can make a big difference in your physical and mental well-being.



For more information or to set up a visit, contact Eliza Wiesner at 617-628-2601, x3108 / ewiesner@eldercare.org



Community Resources for Elder Wellness

Program designed by the Physical Therapy Department at Cambridge Health Alliance. Offered by SCES in collaboration with the Cambridge Health Alliance. There is no charge to participate.