



## Stand strong and improve your balance with a fall prevention program by SilverSneakers®.

The **SilverSneakers Well-Balanced** program can help you improve strength, balance and functional mobility while learning about fall risk factors and prevention strategies.

These eight short, beginner-friendly classes can be done at your own pace. Track your progress and share your results with your provider.

### Equipment Needed



Armless chair for assessment and exercises



Optional handheld weights

### Goals of SilverSneakers Well-Balanced



To learn about fall risks



To improve balance and build confidence



To help reduce falls

**Start today to build confidence to keep doing what you love. [SilverSneakers.com/WellBalanced](https://www.silversneakers.com/WellBalanced)**



**Always talk to your doctor before starting an exercise program.**

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