

Help Ventura County's older adults stay on their feet...

FALL PREVENTION VOLUNTEERS NEEDED!



Falls are prevalent among older adults and can have long-lasting medical consequences, or can perhaps even be fatal. The VCAAA's Fall Prevention Program aims to help older adults maintain or improve their strength and balance to prevent falls from occurring.



Our five evidence-based classes — Bingocize, A Matter of Balance, Stepping On, Tai Chi: Moving for Better Balance, and Walk With Ease — have been proven to reduce the number of falls by older adults.

To expand these free classes around Ventura County, your help is needed! Volunteers are being sought to serve as instructors, administrative volunteers, and peer leaders.



Apply today!

Please call 805-477-7300 or email us at LOIS.VCAAA@ventura.org to discuss becoming a volunteer. Learn more about the Fall Prevention Program at vcaaa.org/falls.

