



Ventura County Area Agency on Aging's Fall Prevention Program presents **WALK WITH EASE**

WALK WITH EASE is an exercise program that can reduce pain and improve overall health. If you are age 60+ and can be on your feet for 10 minutes without increased pain, you can have success with **WALK WITH EASE**. This is a six-week program developed by the Arthritis Foundation that helps participants create a customized walking plan to stay motivated, manage pain, and exercise safely to stay strong, boost energy, and control weight. Participants walk together three times a week, starting slow and building up to walking for a total of 30 minutes.

ALL CLASSES ARE FREE

Willett Ranch Community Room
55 Willett Street in Ventura
Mondays, Wednesdays, and Fridays
March 6 through April 18
2:30 p.m. to 3:30 p.m.

For more information or to register for classes, call (805) 477-7300, option 6,
or email Fall.Prevention.Program@ventura.org.
Brought to you by the Ventura County Elderly Fall Prevention Coalition





Ventura County Area Agency on Aging's Fall Prevention Program presents **STEPPING ON**

STEPPING ON is designed for individuals 60 and older who have fallen or who are fearful of falling. Participants have access to a physical therapist who teaches strength and balance exercises, a vision expert, a public safety expert, and a pharmacist who will discuss fall risks associated with certain medications.

Participants should not have dementia and should not be reliant on a walker. Individuals should be motivated to exercise with gradual use of leg weights at home.

ALL CLASSES ARE FREE

Oxnard Performing Arts Center
800 Hobson Way in Oxnard
Tuesdays
March 21 through May 2
1 p.m. to 3 p.m.

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