

FREE FROM FALLS

A COMPREHENSIVE FALL PREVENTION PROGRAM FOR PEOPLE WITH MS

MARCH 5 – APRIL 23, 2012 (8 WEEKS)

5:30 – 7:30 P.M.

RALEIGH NEUROLOGY ASSOCIATES

1520 SUNDAY DR., RALEIGH



Susan, diagnosed in 1995

Studies indicate that falls are quite common among people with MS and are often associated with injuries and negative impact on quality of life.

The National MS Society has developed a new fall prevention program—an 8-week curriculum, designed for people living with MS who are ambulatory but who may be at risk for falling. Discussion, exercise, group and individual activities are elements of this engaging format where participants will learn about: fall risks, tips and strategies to reduce risk for falling and exercises to enhance balance and safety. A supportive group atmosphere and expert instructors in the field of rehabilitation, health and wellness will help each participant develop a personal plan to maximize safety. Each week's 2-hour program will have two parts; a discussion component focused on awareness of issues related to falls and an exercise component directed to improving postural alignment, balance, endurance and mobility.

Through this course, participants will:

- Increase awareness of the prevalence of falls among people with MS and the risk factors that may contribute to falls.
- Identify strategies they can employ to prevent falls and develop a fall prevention action plan.
- Engage in and develop a home fitness plan that addresses balance, endurance, and strength, aimed at reducing fall risk.
- Increase their confidence in minimizing fall risk and in managing falls if they do occur.
- Identify additional community resources to implement a fall prevention action plan

Contact 1-800-344-4867, option 1 to learn more about this program and determine if it is right for you. An application and other registration materials will be provided. Cost is \$30.00 for the 8 week program and is non-refundable.



**National
Multiple Sclerosis
Society**



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