



# Learn How to Prevent Falls

Attend a SilverSneakers® Balance Builder workshop.

One of your benefits as a Care N' Care member is SilverSneakers®. This fitness benefit allows you to visit thousands of participating fitness locations<sup>1</sup> across the country. You can use weights, machines and pools (where available). At select locations, you can take part in group classes<sup>2</sup> led by instructors trained specifically in senior fitness.

SilverSneakers has something for everyone, and it's all yours at no additional cost. As an added benefit, SilverSneakers offers workshops to help you learn how exercise can help you improve your well-being.

Preventing falls is an important part of staying healthy. For Fall Prevention Awareness Day in September, SilverSneakers will host its Balance Builder Workshop. We invite you to attend a workshop to learn what puts you at higher risk for falls and how to avoid those risks.

The workshops are designed for all levels and abilities. The instructor can help make the exercises work for many conditions. At the end of the workshop, there is a short SilverSneakers class demo to show you exercises you can do at home.

Always talk with your doctor before starting an exercise program. <sup>1</sup> Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.<sup>2</sup> Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2019 Tivity Health, Inc. All rights reserved. Care N' Care9454NLARTWRKSHPO819 Y0107\_20\_062\_C