

Falls Prevention Program: GET GOING

Stay strong. Improve your balance.
Reduce your risk of falls.

Get Going is our evidence-based falls prevention program designed to help older people **build** strength, **improve** balance, and **maintain** independence.



You'll receive:

- 6 x weekly small group sessions
- Pre/post Assessment + outcome report
- Home exercise program

PROGRAM DETAILS

WHEN: 6 week programs run on Tuesdays, 10–11 am

WHERE: Recovery Station, 58 Victory Parade, Toronto

WHO IS IT FOR: People aged 65 years and over

COST: \$265 per person

Funding options include Support at Home & eligible Private Health Funds.

TO BOOK FOR OUR NEXT PROGRAM

Call 1300 588 851

Email referrals@recoverystation.com.au

Or click/scan to complete our form

