

# FallProof™ At Home Exercise Program DVD

The FallProof™ program is pleased to offer home exercise DVDs. FallProof™ At Home, provides a progressive set of exercises excerpt from the national award-winning FallProof™ Balance and Mobility Training Program created by Debra Rose, PhD, at the Center for Successful Aging. If you are looking to rebuild your balance and strength, fine tune your flexibility, lower your risk of falls, and regain your independence, this home exercise program is for you! There are three different levels to choose from:

**Level 1:** Simple effective balance, strength, and flexibility exercises for older adults experiencing significant mobility difficulties that limit daily activities. Includes seated activities with some standing exercises.

**Level 2:** Higher challenge program for older adults who have mastered Level 1. Includes seated and standing activities.

**Level 3:** Highest challenge program for older adults who have mastered Levels 1 & 2. Includes primarily standing activities.

Please indicate quantity.

\_\_\_ Level 1 \$15 minimum donation

\_\_\_ Level 2 \$15 minimum donation

\_\_\_ Level 3 \$15 minimum donation

\_\_\_ Set (Levels 1, 2, 3) \$40 minimum donation

Payment by cash, Visa, Mastercard or check  
payable to: Fresno State Foundation

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Please turn in to Ashley Hart, FallProof™  
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