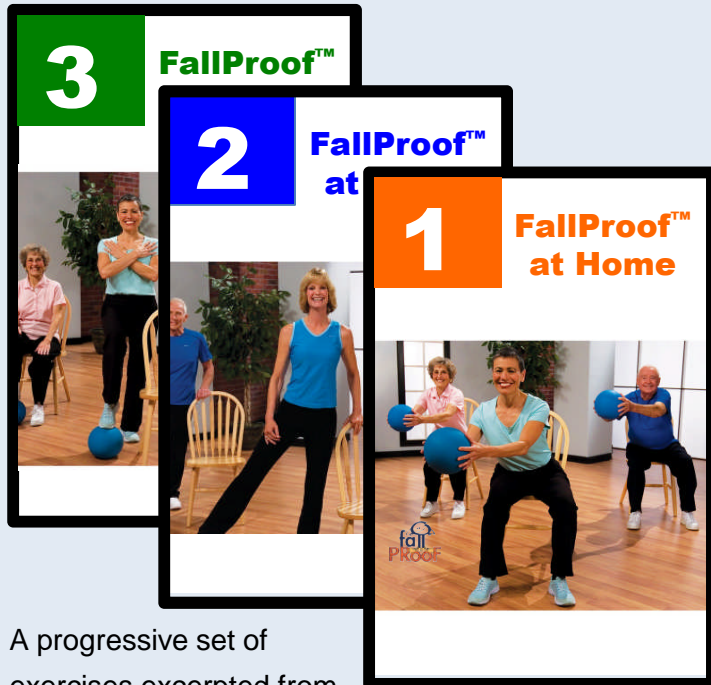


- ◆ Rebuild Your Balance & Strength
- ◆ Fine Tune Your Flexibility
- ◆ Lower Your Risk for Falls
- ◆ Regain Your Independence



A progressive set of exercises excerpted from the national award-winning FallProof™ Balance and Mobility Training Program created by Debra Rose, PhD, at the Center For Successful Aging, California State University, Fullerton.



# FallProof™ at Home Order Form

Please indicate quantity.

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Simple effective balance, strength, and flexibility exercises for older adults experiencing significant mobility difficulties that limit daily activities. Seated activities with some standing exercises.
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Higher challenge program for older adults who have mastered Level 1. Combined seated and standing activities.
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Shipping & Handling (S&H) U.S. Rates:

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