

Falls Prevention Resources in Newton

Resource	Providing Organization	Description	Link
Fitness classes	Newton Senior Center	A variety of fitness classes, including Tai Chi, Beyond Balance, Zumba, Yoga, and Dance Aerobics. Cost varies from suggested donation of \$2 to \$10 drop-in fee per class.	http://www.newtonma.gov/gov/seniors/programs.asp
Keep Moving Fitness Program	Newton Parks and Recreation	A walking group that meets Tuesday mornings from 10:00-11:00 AM. Call 617-796-1506 to register.	http://www.newtonma.gov/gov/parks/over55/active_recreation/moving.asp
Fitness classes	Newton Parks and Recreation	Tai Chi classes at the Hut in Newton Centre. \$2 donation per class. Call 617-796-1506 for more information.	http://www.newtonma.gov/gov/parks/over55/wellness_programs/tai_chi.asp
Comprehensive assessment of fall risk	Newton Wellesley Hospital	Physical therapists provide assessment of fall risk and instruction in ways to reduce fall risk and optimize safety and function.	http://www.nwh.org/departments-and-services/rehab/physical-therapy/balance/
Health and Wellness Program	Newton at Home	Programs and activities such as walks, golf outings, forums on various health topics, and volunteers that can provide healthcare related support.	http://newtonathome.org/content.aspx?page_id=22&club_id=864091&module_id=154386
Group Fitness Classes	Jewish Community Centers of Greater Boston	A wide variety of classes, including free options. Options include yoga, pilates, and Forever Fit (class designed specifically for older adults).	https://www.bostonjcc.org/Health-and-Fitness/Group-Fitness.aspx
My Life My Health (Chronic Disease Self-Management)	Run by Springwell, held at various locations	6 week evidence-based course on chronic disease management that includes strategies for falls prevention.	http://www.springwell.com/resource/healthy-living-workshops
Services for Individuals with Vision Impairment	Carroll Center for the Blind	Includes assistance with selecting assistive devices and courses that teach indoor safety and mobility/sensory training.	https://carroll.org/services/senior-services/