

N'Balance



(Evidence-Based intervention for falls prevention)

N'Balance™ teaches techniques to lower the risk of falls through the medium of exercise.

- strategies to maintain balance
- coordination improvement
- body-listening skills
- finding center of gravity
- proper posture and gait
- exercises to increase lower body and core strength
- confidence in finding ways to navigate around physical obstacles, thus decreasing the fear of falling.

Instructors do pre and post assessments of participant's balance strengths and weaknesses, then develop the progressive exercises to improve balance. <http://coaw.org/home.aspx>

Stepping On

(Evidence-Based intervention for falls prevention)



This program is led by trained leaders and includes guest healthcare professionals: physical therapist, pharmacist, vision specialist and also a community safety professional.

Through a facilitated group discussion format, topics include:

- Simple and fun balance and strength training.
- The role vision plays in keeping your balance.
- How medication can contribute to falls.
- Ways to stay safe when out and about in your community.
- What to look for in safe footwear.

Tai Chi: Moving for Better Balance

Tai Chi: Moving for Better Balance

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Tai Chi Moving for Better Balance was developed by a team of researchers at the Oregon Research Institute (ORI) under grants from the US government. <http://www.taichimovingforbetterbalance.org/>

Tai Chi for Health



- Tai Chi for Arthritis *(Evidence-Based intervention for falls prevention)*
- Tai Chi for Osteoporosis
- Tai Chi for Diabetes

Tai Chi for Health programs are accessible for just about anyone, they are easy-to-learn, safe and effective for health. Dr. Paul Lam and a team of tai chi and medical experts have created these programs by combining traditional tai chi, up-to-date medical knowledge and teaching methods. The programs aim to empower people to improve health and wellness. They are shown by studies to be safe and effective. All Tai Chi for Health programs are designed to improve health and gently improve lower body strength.

<http://www.taichiforhealthinstitute.org/>

A Matter of Balance

(Evidence-Based intervention for falls prevention)



A Matter of Balance is designed to benefit community-dwelling older adults who are concerned about falls; have sustained a fall in the past; restrict activities because of concerns about falling; are interested in improving flexibility, balance and strength and are age 60 or older, ambulatory and able to problem-solve.

Through a facilitated group discussion format, participants learn to view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors and promote exercise to increase strength and balance.

http://www.mainehealth.org/mh_body.cfm?id=432

SilverSneakers®



The Fitness Program is a health, exercise and wellness program helping older adults live healthy, active lifestyles. Eligible members (through their health insurance) can receive a basic membership at any participating fitness center, where they can enjoy specialized SilverSneakers fitness classes focusing on improving strength, flexibility, balance and coordination. <http://www.silversneakers.com/>

Falls Prevention Community Classes in Jefferson County, Colorado



Aging Well
in Jefferson
County, Colorado

updated October 2014

<http://humanservices.jeffco.us>



Consortium for Older Adult Wellness

<http://coaw.org/home.aspx>

Class Locations in Jefferson County

ARVADA

APEX Center

13150 W. 72nd Ave. , Arvada, 80005
303-424-7733; www.apexprd.org

APEX Community Recreation Center

 Tai Chi: [Moving for Better Balance](#)

6842 Wadsworth Blvd., Arvada, 80003
303-425-9583; www.apexprd.org/facilities/community-recreation-center

George Meyers Pool

7900 Carr Dr., Arvada, 80005
303-467-7140; www.apexprd.org

Racquetball and Fitness Center

12120 W. 64th Ave., Arvada, 80004
303-431-9004; www.apexprd.org/facilities/racquetball-and-fitness-center

EVERGREEN

Buchanan Park Recreation Center

3200 Ellingwood Tr., Evergreen, 80439
720-880-1100; www.evergreenrecreation.com

Mountain View Physical Therapy Studio



1262 Bergan Parkway, Ste. E10, Evergreen, 80439;
303-674-7889; www.corestrengthforlife.com



For more MOB locations, contact Molly Wright, Volunteers of American, Healthy Aging Program; 303-297-0408, ext. 13123

GOLDEN

Genesee Mountain Fitness

25938 Genesee Trail Rd. #160, Golden, 80401
303-526-5997; www.geneseemountainfitness.com

The Golden Community Center

1470 10th St., Golden, CO 80401
303-384-8100; www.cityofgolden.net

LITTLETON

The Peak Community & Wellness Center

6612 S. Ward St., Littleton, 80127
303-406-2200; www.ifoohills.org

Club USA

5066 S. Wadsworth Way, Littleton 80123
303-979-7772; www.clubusa.net

WHEAT RIDGE

Seniors Resource Center



3227 Chase St. Wheat Ridge, 80212
303-479-4815; www.srcaging.org

Wheat Ridge Active Adult Center

6363 W. 35th Ave., Wheat Ridge, 80033
303-205-7500; www.ci.wheatridge.co.us

Wheat Ridge Recreation Center

4005 Kipling St., Wheat Ridge, 80033
303-231-1300; www.ci.wheatridge.co.us

LAKEWOOD

Carmody Recreation Center



2200 S. Old Kipling St., Lakewood, 80227
720-963-5360; www.lakewood.org

Charles Whitlock Recreation Center

1555 Dover St., Lakewood, 80215
303-987-4800; www.lakewood.org

Clements Community Center

1580 Yarrow St., Lakewood, 80214
303-987-4820; www.lakewood.org

Green Mountain Recreation Center

13198 W. Green Mountain Dr.
303-987-7830; www.lakewood.org

The Link Recreation Center

1295 S. Reed St., Lakewood, 80232
303-987-5400; www.lakewood.org

Meadow Creek Tennis & Fitness

6305 W. 6th Ave., Lakewood, 80214
303-232-6272; www.meadowcreektennis.com

St. Anthony Hospital



11600 W 2nd Place, Lakewood, 80228
Contact: Vicky Cassabaum, 720-321-8973

Most locations listed have SilverSneakers.

