



FREE PROGRAMS IN SAN DIEGO

Most falls are preventable! San Diego County is home to several free programs that can help you stay healthy, active, and independent as you age.

EVIDENCE-BASED FALL PREVENTION PROGRAMS

TAI CHI

Involves slow, controlled movements to improve balance, stability, and coordination
To learn more, call 858.495.5500 | HealthierLiving.HHSA@sdcounty.ca.gov

A MATTER OF BALANCE

Helps reduce fear of falling by coaching participants on how to view falls as controllable
To learn more, call 858.626.6160

BINGOCIZE

Incorporates exercise, nutrition, and fall prevention within the game of bingo
To learn more, call 858.626.6160

OTHER HEALTH AND WELLNESS PROGRAMS

FEELING FIT CLUB

Improves strength, balance, flexibility, and endurance while promoting socialization
To learn more, call 858.495.5500 | HealthierLiving.HHSA@sdcounty.ca.gov

HEALTHIER LIVING WITH CHRONIC CONDITIONS

Provides strategies to effectively manage chronic health conditions
To learn more, call 858.495.5500 | HealthierLiving.HHSA@sdcounty.ca.gov

Visit www.SanDiegoFallPrevention.org for more information.