



## 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](mailto: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](mailto: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](mailto:HealthierLiving.HHSA@sdcounty.ca.gov)

Visit [www.SanDiegoFallPrevention.org](http://www.SanDiegoFallPrevention.org) for more information.

