

Aging with Independence and Mobility (AIM)

Improve your balance confidence by taking our **free** four-week fall prevention program.

We meet one hour a week for four weeks: April 3, 10, 17 and 24

The class time is 2 pm until 3 pm and we meet at the Patterson Parkview Center, located at 1102 N. Santa Fe Ave., Pueblo, CO 81003

Do you feel unsteady when standing or walking?

Have you fallen in the past year?

Do you worry about falling?

If you answered yes to any of these questions, you are at risk for falling. Sign up for our 4-session AIM program on how to reduce your risk of falling. Registration is required: 719-365-2872 or InjuryPrevention@UCHealth.org

We offer fun progressive, dual task balance and strengthening exercises, along with strategies for preventing falls. We cover footwear, vision, medications, home safety, inclement weather, how to get up from a fall and proper use of assistive devices.

This program is brought to you by the Parkview Hospital UCHealth Southern Colorado Injury Prevention team.



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