

FOUR THINGS YOU CAN DO TO PREVENT FALLS:

1. Have your healthcare provider review your medicines
2. Exercise to improve your balance and strength
3. Have your eyes and feet checked
4. Make your home safer



Did you know?

- 1 in 4 people 65 and older falls each year (CDC, 2017)
- Regionally, the Pacific Northwest includes a cluster of the highest fall rates (HIPRC, 2021)
- \$50 billion is spent on falls related medical bills in the US each year

ISLAND SENIOR RESOURCES

Aging & Disability Resources (ADR)

Community education & events

Medicaid in-home care case mgmt

Medical equipment lending library...

Medical transportation

SHIBA medicare advising

<https://senior-resources.org/>

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[www.islandcountywa.gov/
301/FallsPrevention](http://www.islandcountywa.gov/301/FallsPrevention)



Always working for safer and healthier communities

HEALTHY AGING & FALLS PREVENTION

Reducing Falls in Island County



nco
national council on aging

FALLS FREE CHECK UP

Stay healthy and independent by checking your risk for a fall. Scan the QR code to visit the website:



[www.ncoa.org/age-well-
planner/assessment/falls-free-checkup](http://www.ncoa.org/age-well-planner/assessment/falls-free-checkup)

WHIDBEY CLASSES

The Center (Oak Harbor)

51 SE Jerome St, Oak Harbor

Phone: (360) 279-4580

EnhanceFitness Class

Mon, Wed, Fri 8:45AM-9:45am

All classes, \$10 drop-in, \$35/mo.

membership discount available

Call for other class info (yoga etc.)

Coupeville

United Methodist Church,

608 N. Main St, Coupeville

Tai Chi

Tuesdays 10-11am

Free! Confirm time with

instructor: Liz Dickman

Phone (cell): (360) 544-0476

Email: l.dickman@islandcountywa.gov

South Whidbey SAIL classes

At the Soundview Center

432 3rd St, Langley

Mon, Wed, Fri 11am-12, Mon, 1pm

\$45/mo. \$70 for 10-class punch

Email: admin@sagecarelangley.com

to learn about classes

Scan QR for schedule:



CAMANO CLASSES

Camano Center

Where: 606 Arrowhead Rd, Camano Island

Phone: (360) 387-0222

Camano Fit and Steady

Multiple times Mon-Fri

Cost: \$30-\$40 per month

Call to sign up or learn about other classes:
Yoga, weightlifting, group fitness, hobbies &
games, foot care clinic, Snow Goose Transit,
and community events

Or visit: <https://camanocenter.org/>

Camano Country Club

Where: 1243 Beach Dr, Camano Island

SAIL

Mon and Wed 12-1pm

Thrive Active Aging Fitness

Tues and Thurs 9:30-10:30am

\$5 drop-in, \$50 for 12-class pass

www.camanocountryclub.com/thrive

(360) 387-1655

South Whidbey classes (continued)

At St Augustine's: 5217 S. Honeymoon

Bay Rd, Freeland

Thurs 10-11am and 11:30-12:30pm

more classes to be added soon!

Zoom SAIL (online)

Tues and Thurs 11:30-12:30pm or

1:15- 2:15pm Free!

Contact Robert May: 360-720-1860

mayrob@whidbeyhealth.org

EVIDENCE-BASED FITNESS

Tai Chi

Slow, elegant movements, compared with other exercise interventions, Tai Chi may offer a superior strategy for reducing falls through benefits on cognitive functioning.

SAIL

Stay Active and Independent for Life is a strength, balance & fitness program for adults sixtyfive and older.

Fit Foundations

Thrive Community Fitness (in Oak Harbor) offers a foundational strength training & balance class designed for seniors and those returning to fitness after inactivity or injury.

Walk With Ease

The Arthritis Foundation's Program can reduce the pain of arthritis and improve overall health.

Enhance Fitness

Learn more at:

www.projectenhance.org/enhancefitness

