

Sign-up for FREE Otago Exercise Program!



REGION VII AREA AGENCY ON AGING



- Exercise at home or in a group to improve your balance!
- Significantly reduce your risk of falling!
- Transportation to Clare Meal Center available!
- We are also looking for volunteer peer coaches & will provide training!

Send an e-mail or leave a message to sign up or learn more!

FallPrevention@cmich.edu (989) 774-1350

med.cmich.edu/healthy-aging