



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# PROTECT YOUR MOBILITY

## FALLPROOF™ BALANCE AND MOBILITY PROGRAM YMCA OF THE FOOTHILLS

Fallproof™ is an evidence-based program developed by the Center for Successful Aging at Cal State Fullerton. Participation in this program can help reduce the risks of falls and restore reliable, functional balance. This 8-week program includes informative lectures, testing for balance impairment, practice navigating challenges (such as steps, inclines, declines, uneven surfaces), and exercises led by Fallproof™ certified instructors. Each participant works at their own level and is assessed to measure progress. This program is suitable for community-dwelling adults. Participants must be able to rise independently from a chair and follow instructions. Registration is now open, call (818) 790-0123 or visit [www.ymcafoothills.org/senior-programs](http://www.ymcafoothills.org/senior-programs).

**WHEN:** January 11th– March 1st  
**TIME:** 10:30am—11:30am  
**LOCATION:** LA CAÑADA FLINTRIDGE  
COMMUNITY CENTER  
4469 Chevy Chase Drive  
La Cañada Flintridge, CA 91011

**WHEN:** January 8th– February 26th  
**TIME:** 9:30am– 10:30am  
**LOCATION:** CRESCENTA VALLEY UNITED  
METHODIST CHURCH  
2700 Montrose Ave  
La Crescenta, CA 91214

Bobbi Koonse is a certified Balance and Mobility Specialist and received training at the Center for Successful Aging, Cal State Fullerton. Bobbi has a black belt in Karate and also teaches Tai Chi and Balance Fit classes at the Y.



Please contact [bkoonse@ymcafoothills.org](mailto:bkoonse@ymcafoothills.org) for more information about the FallProof™ Balance and Mobility Program.

The Y is committed to improving the Wellbeing of everyone in our community. Join us by supporting the Y today at

[www.ymcafoothills.org](http://www.ymcafoothills.org)



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

YMCA of the Foothills is a 501c3 charity. Activities and participation for all is made possible by the contributions of our donors. Please consider a contribution to save and change lives today.