

UWHealth

Sports Medicine 

www.uwsportsmedicine.org

Living Falls Free

Call (608) 263-7936

SUMMER 2022

Dates and Times

Wednesdays, 10:30 - 11:30 a.m.
10 wks: Jun. 15 - Aug. 17

Location

UW Health Sports
Medicine Center
621 Science Drive

Registration/Questions

Call 263-7936 or visit
www.uwhealth.org/LFF
for more information

Instructor

Alexandra Wagner, BS, CSCS
Alex has been on the Fitness
Center staff for over 10 years
contributing to the exercise
programs of many members
and teaching a variety of classes.
She enjoys creating programs
that are both engaging and
educational. She has experience
coaching strength and movement
mechanics and has led many
balance and falls prevention
programs for seniors.

Fee

\$152 *Some discounts available.*



A Falls Risk Reduction class
working on dynamic balance
and stable positioning



Living Falls Free is a practical falls risk reduction exercise class. Course content includes learning the exercises of the No Falls Program as well as learning falls reduction strategies specific for your life. Class includes a take-home exercise program and pre/post performance testing. This is a moderate level class with walking, rocker boards, strength work and exercise at standing, chair and floor level. Gait dynamics and movement technique are emphasized.

**ALL CLASSES OPEN
TO THE PUBLIC!**

No affiliation with the UW Sports Medicine Center or the Univ. of Wisc. necessary for participation! The Sports Medicine Center offers Yoga, Tai Chi, Mindfulness Meditation, Qigong, and a variety of land and water based exercise classes. Call 263-7936 for information or to request a class schedule.