

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

Call (608) 263-7936

## Dates and Times

Wednesdays 10:45 - 11:45 a.m.  
12 wks: Jan. 23 - Apr. 17 No class 3/27

## Location

UW Health Sports  
Medicine Center  
621 Science Drive

## Registration/Questions

Call 263-7936 or visit  
[www.uwhealth.org/LFF](http://www.uwhealth.org/LFF)  
for more information

## Instructor

Sue Peterson, MS  
Sue has over 20 years  
experience as an instructor of  
Falls Management, Senior  
Dance Aerobics, and Parkinson's  
exercise classes here. Her  
clinical knowledge and  
experience coupled with  
enthusiastic teaching methods  
make her a prominent local  
authority in falls risk reduction.

## Fee

\$167 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.