

## **FALL PREVENTION PROGRAMS – Champaign and DuPage**

Be Well Illinois and Aetna® are excited to offer new FREE fall prevention programs in Champaign and DuPage Counties! **These no cost classes, exclusive to TRAIL members**, are designed to increase your activity, build strength and improve balance to reduce your risk of falls.

Illinois Pathways to Health offers evidence-based programs designed to promote self-management of chronic health conditions (such as diabetes and chronic pain), prevent falls, and foster individual well-being.

**Additional offerings throughout the state are coming soon!**

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### **Champaign County**

#### **Bingocize**

This class meets for 1 hour 2 times per week for 10 weeks. Class size is limited to 20

**August 5 through October 10  
(Mondays & Thursdays)**

**10 to 11 AM**

CRIS Healthy Aging  
Community Room  
4116 Fieldstone Rd  
Champaign, IL 61822

For more information or to register, please call **217-355-1543** or [register here](#).

This class combines exercise, health education, and the familiar game of bingo in a fun way to get you moving and socializing. The program has been shown to increase older adults' functional fitness, health knowledge, and social engagement.

Each session begins with a warm-up and ends with a cool down. Participants rest while numbers are called for the bingo game, then complete exercises or health education questions. You'll rest again during number calling, and so on. This pattern continues until a Bingocizer wins the game. Exercises can be completed either sitting or standing.

## **A Matter of Balance**

This class meets for 2 hours weekly for 8 weeks. Class size is limited to 15.

**September 6 through October 25 (Fridays)**

**9:30 to 11:30 AM**

Family Service  
405 S. State Street  
Champaign, IL

For more information or to register, please call Deb at **217-352-5100** or email [dbrooks@familyservicecc.org](mailto:dbrooks@familyservicecc.org), or [register here](#).

An award-winning program designed for older adults to manage falls and increase activity levels. Two trained coaches guide participants through learning and activities that emphasize strategies to reduce the fear of falling and increase activity levels. Participants show improved balance, flexibility and strength while viewing falls as controllable.

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## **DuPage County**

### **A Matter of Balance**

This class meets for 2 hours weekly for 8 weeks. Class size is limited to 15.

**September 24 through November 12 (Tuesdays)**

**1:00 to 3:00 PM**

AgeGuide  
1910 S Highland Road  
1<sup>st</sup> Floor Conference Room  
Lombard, IL 60148

For more information or to register, please call **630-785-2375** or [register here](#).

An award-winning program designed for older adults to manage falls and increase activity levels. Two trained coaches guide participants through learning and activities that emphasize strategies to reduce the fear of falling and increase activity levels. Participants show improved balance, flexibility and strength while viewing falls as controllable.

## Fit and Strong

This class meets for 90 minutes 2 to 3 times per week for 10 weeks. Class size is limited to 15.

### 10:00 to 11:30 PM (see dates below)



**When: 10:00 – 11:30 AM (see dates below)**

September 16 & 20 (No class on September 18)
September 23, 25 & 27
September 30
October 2 & 4
October 7 & 9
October 16 & 18 (No class on October 14 – Indigenous Peoples Day)
October 21, 23 & 25
October 28 & 30
November 1
November 4, 6 & 8
November 13 (No class November 11 – Veterans Day)
November 18 & 20

### AgeGuide

1910 S Highland Road  
1<sup>st</sup> Floor Conference Room  
Lombard, IL 60148

For more information or to register, please call White Crane Wellness at **773-271-9001** or [register here](#).

Fit and Strong is a physical activity program for older adults that uses flexibility and strength training, aerobic walking, and health education to promote behavior change.

Each class includes 60 minutes of physical activity emphasizing lower body joints, and 30 minutes of health education.

Benefits of the class may include:

- Strengthening of lower body extremities
- Increased mobility
- Improved lower extremity pain and function
- Reduced depression and anxiety