

## **Balance and Mobility Class**

Age Requirements

No Age Requirement

Available 24/7

No

Intake Contact

Pat Karlsson Backe

Intake Contact Email

pkfit4u@verizon.net

Intake Process

Call for information and to learn about various classes

Report Problems

Call the Agency

Self Refer

Yes

Senior Fall Prevention, LLC

<http://www.seniorfallprevention.com>

Main

(703) 922-4298

6107 Tammy Drive

22310 VA

United States

Additional Availability Comments

Office hours vary; call for class times

Fee Structure

Fee Range

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Call for Information

Payment Method(s)

Private Pay

Languages Spoken

English

Senior Fall Prevention and Kingstowne Pilates offers balance and mobility training.

FallProof!™ Balance & Mobility Classes are a group-based balance and mobility program developed by Dr. Debra Rose at California State University, Fullerton, Center for Successful Aging. FallProof!™ classes are taught by certified instructors who undergo rigorous training, and are required to complete ongoing certification requirements. FallProof!™ includes pre and post-assessments to determine an individual's fall risk prior to taking the class and one's level of improvement after taking the class.

Pat Karlsson Backe is a certified Group Exercise Instructor and Personal Trainer with over twenty years of experience, as well as a FallProof!™ Certified Master Instructor. Prevention Workshops address the multiple risk factors that contribute to fall risk and lead to fall prevention. The Balance & Mobility workshops are geared to the demographics of a particular population and may include one or multiple topics such as fall risk screening, fear of falling, strength, balance, and mobility training, bone health education, and home safety assessment.

Service Area(s)

Alexandria City

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Arlington County

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Fairfax City

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Fairfax County

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Falls Church City

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Loudoun County

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Manassas City

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Manassas Park City

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Prince William County