Fall Prevention & Functional Mobility Workshop

Mobility Longevity 360™

Purpose

This structured workshop is designed to reduce fall risk, improve balance confidence, and reinforce functional mobility skills for seniors aging in place.

Target Population

• Independent Living

• Assisted Living

• Active Adult Communities

• Churches & Senior Ministries

Workshop Structure

• 45–60 minutes

• Seated & supported standing mobility drills

• Balance training & weight-shifting strategies

• Gait reinforcement & posture mechanics

• Education on fall-risk awareness

• Functional strength for daily tasks

Clinical Focus Areas

• Ankle & hip stability

• Neuromuscular activation

• Postural alignment

• Functional endurance

• Reaction & stepping strategies

Outcomes Over Time

Participants may experience:

• Improved confidence with walking

• Reduced fear of falling

• Improved circulation & vascular activation

• Enhanced balance control

• Maintenance of independence

Delivery Model

• 2x per week (recommended for measurable results)

• Consistent time blocks (10–11am or 1–2pm optimal)

• Long-term continuity model available

Led By

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