

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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