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 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 , Arlington County , Fairfax City , Fairfax County , Falls Church City , Loudoun County , Manassas City , Manassas Park City ,