

# Sign-up for FREE Otago Exercise Program!



- Exercise at home or in a group to improve your balance!
- Significantly reduce your risk of falling!
- We are also looking for volunteer peer coaches & will provide training!

Send an e-mail or leave a message to sign up or learn more!

[FallPrevention@cmich.edu](mailto:FallPrevention@cmich.edu) (989) 774-1350

[med.cmich.edu/healthy-aging](http://med.cmich.edu/healthy-aging)