

FOUNDATION OF LAGUNA WOODS VILLAGE

New fall prevention series starts in February

Don't become a statistic. According to the Centers for Disease Control and Prevention, every second of every day, an older adult suffers a fall in the United States.

But while commonplace, falls can result in serious harm, both medically and financially.

Beginning this February, to ensure residents don't become a statistic, the Foundation of Laguna Woods Village is once again partnering with MemorialCare Saddleback Medical Center to provide fall prevention classes free of charge right here in the Village at Clubhouse 2, with Medical Center staff leading the sessions.

The program will be offered as one-month segments

with three one-hour sessions each month on Wednesdays from 2:30 to 3:30 p.m. in each of the following months: February, March and April.

Residents can register for a single month's sessions. Registration can be done via the Laguna Woods Village ActiveNet or at Clubhouse 2 or the recreation office at the Community Center.

Registration for the February program begins today, Jan. 4.

Space is limited. Workout clothes and tennis shoes are recommended.

If you have any questions, please contact the foundation at 949-268-2246 or foundation@comline.com.

— Submitted by
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