



FALLS FREE CHECK UP



Stay healthy and independent by checking your risk for a fall. Scan the QR code or visit the website:

<https://www.ncoa.org/age-well-planner/assessment/falls-free-checkup>

FOUR THINGS YOU CAN DO TO PREVENT FALLS:

1. Have your healthcare provider review your medicines
2. Exercise to improve your balance and strength
3. Have your eyes and feet checked
4. Make your home safer

Island Senior Resources

SHIBA Medicare Advising
Medical Transportation

Medicaid In-Home Care Case Mgmt
Aging & Disability Resources (ADR)
Community Education & Events
Medical Equipment Lending Library
Virtual Support Groups and more
<https://senior-resources.org/>

Did you know?

- 1 in 4 people 65 and older falls each year (CDC, 2017).
- Regionally, the Pacific Northwest includes a cluster of the highest fall rates (HIPRC, 2021).
- \$50 billion is spent on falls related medical bills in the US each year.

CONTACT US

Jen Krenz

J.Krenz@islandcountywa.gov

Phone:

(360) 678-8249

Suzanne

S.Turner@islandcountywa.gov

Website:

www.islandcountywa.gov/301/Falls-Prevention

Always working for safer and healthier communities

HEALTHY AGING & FALLS PREVENTION

Reducing Falls in Island County



WHIDBEY CLASSES

The Center in Oak Harbor

Where: 51 SE Jerome St, Oak Harbor
Phone: (360) 279-4580

EnhanceFitness Class

When: Mon, Wed, Fri 8:45AM-9:45AM

Tai Chi Class

When: Tues and Thurs 10-11AM

All classes, cost: \$10 drop-in, \$35 per month (membership discount available)

Call to learn about other classes such as Yoga and Chair Yoga

Coupeville

Tai Ji Quan: Moving for Better Balance

Where: United Methodist Church,
608 N. Main St, Coupeville

Instructor: Liz Dickman

Phone: (360) 544-0476

Email: l.dickman@islandcountywa.gov

When: Mondays 10 -11AM

Cost: Free! Contact Liz to confirm

South Whidbey

SAIL Class

Soundview Center

Where: 432 3rd St, Langley, WA 98260

Phone: 360-321-4434

When: Mon, Wed, Fri 11AM-12PM

Cost: \$5 per session, \$40 per month

Contact: llpt@lonelakept.com

Contact to learn about other classes such as Tai Chi and Pilates

CAMANO CLASSES

SAIL Class

Camano Center

Where: 606 Arrowhead Rd, Camano Island
Phone: (360) 387-0222
url too?

When: Multiple times Mon-Fri, call to sign up

Cost: \$2 for members, \$5 for non-members

Call to learn about other classes such as Yoga and Weightlifting

Thrive Active Aging Fitness

Camano Country Club

Where: 1243 Beach Dr, Camano Island

When: Tues and Thurs 9:30-10:30AM

Cost: \$5 drop-in, \$50 for 12-class pass

www.camanocountryclub.com/thrive

ONLINE

Zoom SAIL through Whidbey Health

Where: Online

When: Tues/Thurs from 12-1PM or
1:15- 2:15PM Cost: \$40 per month

Contact: mayrob@whidbeyhealth.org

360-720-1860

EVIDENCE-BASED FITNESS

Tai Chi

Slow, elegant movements, when compared directly with other exercise interventions, Tai Chi may offer a superior strategy for reducing falls through its benefits on cognitive functioning.

SAIL

Stay Active and Independent for Life is a strength, balance and fitness program for adults 65+.

Fit Foundations

Thrive Community Fitness (in Oak Harbor) offers a foundational strength training and balance class designed for seniors and those returning to fitness after inactivity or injury.

Walk With Ease

The Arthritis Foundation's Program can reduce the pain of arthritis and improve overall health.

 Learn more at:
www.projectenhance.org/enhancefitness/

The Camano Center

Group fitness classes, hobbies and games

Aging Mastery program, Foot care clinic

Snow Goose Transit

Community events and more

<https://camanocenter.org/>

