

## **Falls Prevention Resources**

### **Sarasota Memorial Health Care System Rehabilitation**

Provides physician ordered physical therapy, occupational therapy, speech therapy often covered by medical insurance. For University Parkway call 941/917-4576; For Institute for Advance Medicine, Clark Road call 941/917-7600

### **HealthPlex**

State of the art fitness center offering health education classes and support groups for people living with heart disease, diabetes, and other chronic conditions overseen by medical professionals 941/917-7000

### **Senior Friendship Centers - Balance Movement Classes**

Reduce your risk of falling, while improving your balance, flexibility, strength and confidence through one of our Balance Movement Classes. For more information please call Tom Harlow, Falls Prevention Specialist, Personal Trainer at 941.556.3259. Classes held at following locations:

#### **Sarasota**

Senior Friendship Centers

Rubin Center for Healthy Aging

1900 Brother Geenen Way (Downtown Sarasota)

Classes are Mondays and Wednesdays 9:00 am to 9:45 am and 10:00 am to 10:45 am

**Balance Movement Plus** Similar to the regular Balance Movement Class, but at a slower pace with more focus on those with canes and walkers. Classes are Wednesdays 11:00 am to 11:45 am.

#### **Newtown**

Robert L. Taylor Community Center

1845 34th St, Sarasota

Classes are Tuesdays 11:00 a.m. to 11:45 a.m.

**For current class schedule at Robert L. Taylor Community Center, please call 941.556.3259**

#### **Venice**

Kathleen Catlin Friendship Center

Great Room

2350 Scenic Drive, Venice

Classes are Thursdays at 3:30 pm to 4:15 pm and Fridays at 9:30 am to 10:15 am

#### **Englewood**

Englewood United Methodist Church

700 East Dearborn St., Englewood

Classes are Thursdays at 10:00 am to 10:45 am

#### **North Port**

North Port Education Center

4940 Pan American Blvd, Northport

Classes are Thursdays 12:30 p.m. to 1:15 p.m.