

## Groups & Programs

# No Falls - Exercise Program

**This program is here for people who are at risk of falls and want to regain their strength, mobility and independence.**

No Falls is an exercise program led by a Physiotherapist and Allied Health Assistant.

This is a structured program aimed specifically to help people build their balance and strength, in order to regain their confidence and mobility.

Some of the many benefits of the program include:

- Building confidence to keep moving
- Regain balance and strength
- Keeping up physical activity
- Avoiding the risk of falls related injury

Depending on each individual's needs, they may also be connected with:

- Our **Integrated Falls Assessment Program**
- Our other Health & Wellbeing services
- Our other groups & programs



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## Program Info & Details

**Where:** Level 2, 43 Carrington Rd Box Hill

**Costs:** Prices can vary depending on each individual's access to rebates/ concessions.

Program fees and dates can be discussed at the time of booking.

**Enquiries:** [info@carringtonhealth.org.au](mailto:info@carringtonhealth.org.au)

**03 9890 2220**

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**Carrington Health**

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