

Torrance Memorial Medical Center
REHABILITATION SERVICES

Fall Prevention and Balance Improvement

If you, or someone you know, is experiencing balance problems, consider this new health education class.

Participants will be introduced to several different disciplines that can assist them in long-term improvement of balance skills including:

- Exercise for coordination and balance
- Stress reduction
- Principles of T'ai Chi
- Foot and posture exercises
- Home safety suggestions
- Multi-tasking
- Stretching
- Vision
- Memory Tips

Co-facilitated by registered Physical & Occupational Therapists.

Class is on Wednesdays (6 classes).

Offered in the winter, spring, and fall of each year.

Class times are 1:00–2:30 or 2:30-4:00 pm.

Referral information- All evaluations and treatments are performed per a physician's order. Most insurance carriers require pre-authorization for outpatient evaluation.

Location: TMMC West Tower 5th floor
Information: (310) 517-4735
Fax: (310) 784-4978