

# Which Falls Prevention Program Is Right for You?

Across all programs, the average satisfaction rating is 4.7 out of 5, highlighting their effectiveness, value, and trust among older adults.

## Why Deliver These Programs?

Available in various formats, explore evidence-based falls prevention programs with proven success and high participant satisfaction.

Program Name	% of Participants Who Would Recommend
FallsTalk	100%
Tai Chi for Arthritis	99%
Fit & Strong!	99%
Stay Active and Independent for Life (SAIL)	98%
Stepping On	98%
A Matter of Balance	98%
Healthy Steps in Motion	98%
EnhanceFitness	98%

## What They All Have in Common

- High satisfaction and trust
- Strong evidence base
- Flexible delivery formats
- Focus on safety, mobility, and confidence