

## **Falls Prevention**

Age Requirements

18 and over

Available 24/7

No

Other Eligibility Criteria

varies by program

Intake Contact

Joyce Nussbaum

Intake Contact Email

joyce@vpas.info

Intake Process

Please call or visit the website for more information.

Intake Contact Telephone

(540) 820-8567

Valley Program for Aging Services (VPAS)

<http://vpas.info/>

<https://www.vpas.info/health>

<https://www.facebook.com/ValleyProgramforAgingServices/>

Main

(540) 820-8567

Toll-Free

(800) 868-8728

325 Pine Avenue

22980 VA

United States

Monday: 8:30 am-4:30 pm

Tuesday: 8:30 am-4:30 pm

Wednesday: 8:30 am-4:30 pm

Thursday: 8:30 am-4:30 pm

Friday: 8:30 am-4:30 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Varies

Languages Spoken

English

Valley Program for Aging Services offers Falls Prevention programs including:

- Tai Chi - for Arthritis and Falls involves low, controlled movements to build muscle strength, improve balance, gently free up stiff joints, and relieve stress
- A Matter of Balance - addresses the fear of falling that many older adults face through education, discussion, and gentle exercises

Service Area(s)

Augusta County

,

Bath County

,

Buena Vista City

,

Harrisonburg City

,

Highland County

,

Lexington City

,

Rockbridge County

,

Rockingham County

,

Staunton City

,

Waynesboro City

Email

[vpas@vpas.info](mailto:vpas@vpas.info)