



Otago Exercise Program

The Otago Exercise Program (OEP) is a muscle strengthening and balance retraining program that has been proven to reduce the risk of falling. The New Zealand Falls Prevention Research Group developed and has extensively tested the program. The rationale behind OEP is that while muscle strength, flexibility, balance, and reaction time are risk factors for falls, they can easily be modified. OEP has been validated and proven effective when delivered in multiple settings including residential. Beacon Hill residents can participate in OEP. This program is offered onsite by our therapy team in the Wellness Studio twice a week in individualized, small group classes. The cost is \$300/month for the bi-weekly sessions. Contact us today for enrollment or for any additional information.

What are the benefits?

The benefits of exercise are plentiful—by maintaining your program, you can improve:
Balance, Strength, General Fitness, and Overall Well-being.

What are the outcomes?

- Reduces risk of mortality
- 35% reduction in falls in high-risk older adults
- Improvements in functional performance measures
- Improvements in perceived abilities

Call (616) 608-8246

1919 Boston St SE, Grand Rapids, MI 49506

BEACONHILL

AT *Eastgate*