

BE ACTIVE, LIVE BETTER

No matter what your activity goal is – boost your confidence, participate in sports, reduce or prevent health problems – we've got the information and tools to help you succeed.



Want to know more?

- Visit kp.org/healthengagement/preventingfalls.
- Visit kp.org/healthengagement/exercise.

Fall Prevention and Balance Screening

For Kaiser Permanente members interested in learning about balance, fall prevention, and how to maintain mobility as you age

Learn the internal systems we use for balance, exercises designed to improve balance, and different ways to prevent falls.

Did you know you can improve your balance and prevent falls? Falls are the leading cause of loss of independence over the age of 65. In this class, you will learn the foundations and skills needed to get your balance back on track. An optional balance screening is also offered.

1 session, 1.5 hours

No fee

Locations:

- Interstate Medical Office
- Mt Talbert Medical Office
- North Lancaster Medical Office
- Orchards Medical Office
- Skyline Medical Office
- Tanasbourne Medical Office
- Tualatin Medical Office

To register, please call 1-844-394-3972 (toll free). You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

Healthy Hips and Knees

For Kaiser Permanente members who have pain or arthritis

Learn how to stay active when you have symptoms of pain or arthritis.

Learn how to manage your pain and heal and strengthen your body. Proper body mechanics and activities to keep yourself strong and moving will be covered.

1 session, 1.5 hours

No fee

Locations:

- Mt. Talbert Medical Office
- Orchards Medical Office

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Healthy Spine Class

For Kaiser Permanente members with acute or low back pain

Learn strategies to manage your low back pain symptoms.

Learn about proper body mechanics to prevent injury, and how to manage the pain of flare-ups. The session will also cover important exercises for the spine and suggestions for when to seek care.

1 session, 1.5 hours

No fee

Locations:

- Interstate Medical Office Central
- Mt. Talbert Medical Office
- North Lancaster Medical Office
- Orchards Medical Office
- Skyline Medical Office
- Tanasbourne Medical Office
- Tualatin Medical Office

To register, please call 1-844-394-3972 (toll free). You also can register by scheduling an appointment on kp.org/appointments. Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

Parkinson's Disease: Exercise as Medicine

For Kaiser Permanente members with Parkinson's disease

Improve your understanding of Parkinson's disease and the benefits of exercise.

This class is taught by a physical therapist. You'll learn more about Parkinson's and why exercise is essential in managing your symptoms. Community, as well as Kaiser Permanente, resources are discussed and shared.

1 session, 1.5 hours

No fee

Family members are welcome and encouraged to attend with you.

Locations:

- Interstate Medical Office Central
- Orchards Medical Office
- Tanasbourne Medical Office

To register, please call 1-844-394-3972 (toll free). You can also register by scheduling an appointment on kp.org/appointments. Under "Select a reason for appointment," choose Physical Therapy Classes, then choose the class you want to schedule.

Silver&Fit®

For Kaiser Permanente Senior Advantage members who have elected to the Advantage Plus additional benefit

Stay or become more active.

Senior Advantage members have an additional benefit: a free membership at selected fitness facilities or a free Home Fitness program. You'll also have access to online tools, newsletters, and invitations to social activities. Tools at SilverandFit.com include meal and exercise planners, health trackers, Healthy Aging Programs, and e-coaching courses.

To confirm your eligibility and find a participating facility near you, please call 1-877-221-8221 (toll free).