

### 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](https://kp.org/healthengagement/preventingfalls).
- Visit [kp.org/healthengagement/exercise](https://kp.org/healthengagement/exercise).

### Fall Prevention and Balance Screening

Get your balance back on track. Learn about the factors that can increase your risk for falls, home safety considerations, and exercises that can help you prevent falls. A free balance screening is offered in the class, for members who are interested in learning if they are at risk for falls (optional). Community resources and the latest on fall risk reduction will be presented.

1 session, 1.5 hours, for Kaiser Permanente members

No fee

#### Locations

- Beaverton Medical Office
- Interstate Medical Office
- Mt Talbert Medical Office
- North Lancaster Medical Office
- Orchards Medical Office
- Skyline 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](https://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

Do you have hip or knee pain? This class is for members who would like to get and stay active, but may feel they are slowing down due to pain or arthritis. Learn how to manage your pain and heal and strengthen your body, as well as proper body mechanics and activities to keep yourself strong and keep moving!

1 session, 1.5 hours, for Kaiser Permanente members

No fee

#### Locations

- Mt. Talbert Medical Office
- Orchards Medical Office
- Salem 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](https://kp.org/appointments). Under "Select a reason for the appointment," choose Physical Therapy Classes, then choose the class you want to schedule.



### Healthy Spine Class

Do you have acute or chronic low back pain? Get help in this session, which provides information about proper body mechanics to prevent injury, how to manage the pain of flare-ups, important exercises for the spine, and when to seek care.

1 session, 1.5 hours, for Kaiser Permanente members  
No fee

#### Locations

- Beaverton Medical Office
- Interstate Medical Office
- Mt Talbert Medical Office
- North Lancaster Medical Office
- Orchards Medical Office
- Skyline Medical Office
- Tualatin Medical Office
- Westside Medical Center

To register, please call 1-844-394-3972 (toll free). You also can register by scheduling an appointment on [kp.org/appointments](https://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

Improve your understanding of Parkinson's Disease and the benefits of exercise in managing your symptoms. Community resources and current evidence-based exercise treatment for Parkinson's disease will be presented. A free balance screening is offered in the class, for members who are interested in learning if they are at risk for falls (optional).

1 session, 1.5 hours, for Kaiser Permanente members  
No fee

#### Locations

- Beaverton Medical Office
- Interstate Medical Office
- Orchards Medical Office

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

### Silver&Fit®

If you are a Senior Advantage\* member, you have an additional benefit: a complimentary membership at selected fitness facilities or a no-cost Home Fitness program. You'll also have access to online tools, newsletters, and invitations to social activities.

Tools at [SilverandFit.com](https://SilverandFit.com) include meal and exercise planners, health trackers, Healthy Aging Programs, and e-coaching courses.

Kaiser Permanente Membership Services can confirm your eligibility and help locate a participating facility near you. Please call 1-877-221-8221 (toll free) seven days a week, 8 a.m. to 8 p.m.

\*Silver&Fit benefit not available to Senior Advantage Basic members.  
Silver&Fit is provided by American Specialty Health Networks Inc. and Healthyroads Inc., subsidiaries of American Specialty Health Inc. (ASH).  
Silver&Fit is a federally registered trademark of ASH.