



Media release

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City of Albany seeks seniors!

Albany seniors are being invited to improve their muscle strength and balance by joining a free trial program at Albany Leisure and Aquatic Centre, all in the name of falls prevention.

City of Albany residents aged 65 years and over can participate in this FREE integrated program including: health assessment from a qualified Exercise Physiologist, 8 week exercise program designed to reduce their risk of falls and a personalised exercise plan.

Community Development Officer and program coordinator Rani Param hoped the program would encourage seniors to be more active in the community and in turn lower their risk of having a fall.

“Seniors are the most likely group in the community to sustain a fall, with one in three people aged over 65 years having a fall each year.

“Falls are not a natural part of ageing and are preventable by staying active, in particular through exercise that builds strength and balance and being aware of risk factors for falling,” said Ms Param.

The trial program is being undertaken in partnership with Great Southern Population Health thanks to funding from the Stay on Your Feet program administered by WA Health.

Seniors who would like to reduce their risk of falls are encouraged to participate. To register your interest or find out more about the program contact Rani Param at the City of Albany on 9841 9391 or by emailing ranip@albany.wa.gov.au

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