Falls can happen any time, any place and to anyone. Falls can occur while doing everyday activities. But falls are not a normal part of getting older. Below is a list of resources that address ways to reduce your risk of falling.

“Stepping-On” Workshops: (a program offered to help older adults reduce the risk of falls, improve self-management, and increase quality of life). They are offered throughout Wisconsin. For information on the Stepping-On program, go to the Wisconsin Institute for Healthy aging website listed below and click on “Find a workshop”

Phone: (608) 243-5670  
Website: https://wihealthyaging.org/workshops

- Madison Area Classes: (Please see Safe Communities website above for specifics)
  - UnityPoint Health – Meriter
    - Phone: (608) 217-6173
    - Website: https://www.unitypoint.org/madison/classes-and-events-details.aspx?id=da265b2b-3d23-4656-8225-407331e61521&typeid=a3931a39-3f5b-45bb-a867-1f8da4a41f80
  - Verona Senior Center
    - Phone: (608) 845-7471
    - Website: http://veronaactiveadults.org/
- Outside of Madison: Please refer to the above website for specific information

Safe Communities: A comprehensive list of fall prevention classes, information, and exercise classes throughout the Madison and surrounding area.
Location: 2453 Atwood Avenue Suite 104 Madison, WI 53704
Phone: (608) 441-3060
Website: http://www.safercommunity.net/falls_prevention.php
United Way’s Community Resource Hotline: 2-1-1 (Dial this on your phone) – The Falls Prevention Helpline of United Way 2-1-1 is a one-stop referral and information source. United Way 2-1-1 staff have been trained and a falls prevention database is in place for their use in making referrals. Older adults, family members, clinicians are invited to call United Way 2-1-1 twenty four hours a day, seven days a week for help on reducing falls and remaining independent. 2-1-1 can also provide information on various topics which may include exercise or balance classes, energy assistance, psychological help, food pantry assistance, and loan closet information.

The UnityPoint Health – Meriter – Community Resource Guide: offers a comprehensive guide to area exercise & fitness classes, including Community and Senior Centers, Health clubs and community exercise classes. This can be found at:  
http://www.unitypoint.org/madison/community-resources.aspx

--------------------------------------------------------------------------------------------------------------

Community/Senior Centers - Many senior centers offer a wide variety of exercise classes specifically geared toward the “senior” population. Classes may include yoga, Tai Chi, chair based programs, flexibility, low impact aerobics. Many centers offer adaptive equipment through a loan closet program. Specific contact information can be obtained through the UnityPoint Health – Meriter – Community Resource Guide listed above.

DeForest, WI - DeForest Area Community & Senior Center  
Phone: (608) 846-9469  
Website: http://www.thecommunitycornerstone.org/

Madison, WI-East Madison/Monona Coalition of the Aging  
Phone: (608) 223-3100  
Website: http://www.emmca.org/

Fitchburg, WI - Fitchburg Senior Center  
Phone: (608) 270-4290  
Website: http://www.fitchburgwi.gov/621/Senior-Center

Madison, WI – West Madison Senior Center  
Phone: (608) 238-0196  
Website: http://www.wmseniorcenter.org/
Middleton, WI - Middleton Senior Center  
Phone: (608) 831-2373  

Monona, WI – Monona Senior Center  
Phone: (608) 222-3415  
Website: http://www.mymonona.com/251/Senior-Center

Madison, WI-North/Eastside Senior Coalition  
Phone: (608) 243-5252  
Website: http://nescoinc.org/

Oregon, WI- Oregon Area Senior Center  
Phone: (608) 835-5801  
Website: http://www.oregonareaseniorcenterwisconsin.com/

Stoughton, WI - Stoughton Senior Center  
Phone: (608) 873-8585  
Website: http://www.ci.stoughton.wi.us/index.asp?Type=B_EV&SEC={ACCDC7D4-A6D0-41E3-B0CA-4407ED90AF34}&DE=

Sun Prairie, WI - Colonial Club Senior Activity Center  
Phone: (608) 837-4611  
Website: http://www.colonialclub.org/

Waunakee, WI- Waunakee Area Senior Center  
Phone: (608) 849-8385  
Website: http://www.vil.waunakee.wi.us/index.aspx?nid=209

Verona, WI- Verona Senior Center  
Phone: (608) 845-7471  
Website: http://veronaactiveadults.org/
Health Clubs - Health clubs frequently offer a variety of exercise classes for all ages and exercise levels as well as strengthening equipment. Classes may include yoga, Tai Chi, chair based programs, flexibility, low impact aerobics. Specific contact information can be obtained through the UnityPoint Health – Meriter – Community Resource Guide listed above.

Madison, WI - Capitol Lakes Aquatic and Wellness Center (formerly Meriter Retirement Community)
Phone: 608-283-2000
Website: http://www.retirement.org/madison/

Madison, WI; Fitchburg, WI – Pinnacle Health and Fitness
Phone: Madison (608) 442-8118
Phone: Fitchburg (608) 278-8118
Website: http://www.phfitness.com/

Madison, WI (2); Princeton Club
Phone: Madison-East (608) 241-2639
Phone: Madison-West (608) 833-2639
Website: http://www.princetonclub.net/

Madison, WI (6); Princeton Club Express
Locations: Fitchburg, Hilldale, McFarland, Monona, Cottage Grove, Middleton
Website: http://www.princetonclubxpress.net/locations.html

Madison, WI – Supreme Health and Fitness
Phone: (608) 274-5080
Website: http://www.supremehealthfitness.com/

Middleton, WI - Harbor Athletic Club
Phone: (608) 831-6500
Website: http://www.harborathletic.com/

Sun Prairie, WI - Prairie Athletic Club Medical Membership
Phone: (608) 837-4646
Website: http://www.prairieathletic.com/
Swimming Pools - Many area pools offer classes for various conditions in standard or warm water pools. Specific contact information can be obtained through the UnityPoint Health – Meriter – Community Resource Guide: http://www.unitypoint.org/madison/filesimages/Patients/Community%20Resources1.pdf

Madison, WI - Capitol Lakes Aquatic and Wellness Center (formerly Meriter Retirement Community)
Phone: (608) 283-2006
Website: http://www.reirement.org/madison/

Madison, WI - Goodman Rotary 50+ Fitness Program (MSCR)
Phone: (608) 204-3023
Website: http://www.mscr.org/our-programs/50-fitness-programs

Madison, WI – Swim West – West
Madison Phone: (608) 831-6829
Website: http://www.swimwest.com/

Middleton, WI - Harbor Athletic Club
Phone: (608) 831-6500
Website: http://www.harborathletic.com/

Middleton, WI - Hip and Knee Aquatic Rehabilitation
Location: 2521 Allen Blvd., Middleton, WI 53562 (at Harbor Athletic Club)
Phone: (608) 417-8025
Website: http://www.unitypoint.org/madison/filesimages/services/PoolClass.pdf
Experience the healing power of water. This new warm water pool class is designed specifically for people recuperating from a hip or knee surgery. Experienced instructors will guide participants through a rehabilitation program geared to improve range of motion, decrease edema, and improve mobility and balance. The class combines strengthening, stretching, and balance training that will maximize your function following surgery.

Monona, WI - Monona Grove Pool
Phone: (608) 316-1384
Website: http://www.mononagrove.org/district/pool.cfm
Verona, WI - Verona Area High School Natatorium
Phone: (608) 845-4635
Website: http://www.verona.k12.wi.us/district_departments/community_services/natatorium

Community Organizations:

Madison area, WI - Dairyland Walkers
Phone: (608) 846-2299
Website: http://dairylandwalkers.com
The local American Volkssport Association affiliate club sponsors year-round events in Cedarburg, Devil’s Lake State Park, the Madison area, Milwaukee, and more. Volksporting encourages physical activity by providing non-competitive activities in which people of all ages and levels of fitness can participate. Membership to Dairyland Walkers is $12.00/year.

Madison, WI – Madison School-Community Recreation (MSCR) Phone: (608) 204-3000
Website: http://www.mscr.org
MSCR is a public recreation service department that offers a wide range of accessible programs and leisure opportunities.

Madison, WI - Goodman Rotary 50+ Fitness Program (MSCR)
Phone: (608) 204-3023
Website: http://www.mscr.org/50-Plus-Fitness-Programs.cfm
Services Available:
Aqua Fitness (at Lapham Pool): Aqua Exercise, Arthritis Foundation Joint Effort Aqua Exercise, and Water Aerobics.
Fitness Programs: Chair-based programs, low-impact programs, Jazzercise, cardio options, Stretch and Tone.
Health/Wellness and Nutrition: Healthy cooking class, stress management and relaxation techniques.
Golfing Options: Play golf at Glenway or Pleasant View.
Tennis: Lessons also available.
Tai Chi and Yoga: Tai Chi classes for all levels. Multiple yoga classes – Hatha Yoga, beginning and advanced Yoga, Pilates/Yoga, chair-based yoga.
Walking: Several walking and hiking groups are available.
Madison, WI – UW Health-Research Park Clinic
Location: 621 Science Dr., Madison, WI 53711
Phone: (608) 265-8303
Website: http://www.uwhealth.org/locations/detail.jsp?locationId=139
Offers warm water pool exercise options. Also can work with a therapist with referral from current physical therapist. Fitness Center with membership.

Madison, WI – Special Olympics
Location: 2310 Crossroads Dr., Suite 1000, Madison, WI 53718
Website: http://www.specialolympics.org
Phone: (608) 222-1324
The mission of Special Olympics Wisconsin is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with cognitive disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in the sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

Madison, WI- Sports for Active Seniors (SAS)
Location: P.O. Box 55334, Madison, WI 53705
Phone: President-Bob Brooks (608) 244-5582
Email: bandalaro@chartermi.net
Website: http://sportsforactiveseniors.org/
Membership in SAS (Sports for Active Seniors) is open to anyone 55 and older who wants to participate in non-competitive sports with people their own age. Activities promoting fitness, fun and friendship throughout winter and summer include bicycling, bowling, camping, dancing, skiing, tennis.

Madison, WI – UW Adapted Fitness & Personal Training
Location: UW Natatorium – 200 Observatory Drive, Madison
Phone: (608) 262-9562 (Tim Gattenby)
Website: http://kinesiology.education.wisc.edu/kinesiology/academics/undergraduate-programs/adapted-physical-activity
Individualized programs for people with disabilities, injuries, and risk factors. Classes are open to the public, but you must register as a special student for the semester. Requires doctor’s approval and list of medications.
Madison, WI; Sun Prairie, WI – YMCA of Dane County Adaptive Programs
Locations: East, West and Sun Prairie (see website)
Phone: (608) 221-1574 ext. 3021
Website: http://www.ymcadancecounty.org/adaptive
Adaptive program sessions year-round. Classes include a Tuesday evening fitness class with one-on-one assistance, as well as numerous programs offered on other days.

Middleton, WI - Achilles Track Club for disabled athletes
Location: Fleet Feet Running Shop @ 8440 Old Sauk Rd, Middleton, WI (good weather), Westgate Mall (for bad weather) inside.
Phone: (608) 828-9700
Website: http://achillesland.blogspot.com/
Time: 5:45 p.m. each Thursday night
Running and walking for athletes with disabilities, including wheel chair bound individuals, with various social groups. Always seeking volunteers.

Prairie du Sac, WI – Wellspring Plus Center at Sauk Prairie Memorial Hospital
Location: 90 Oak St., Prairie du Sac, WI 53578
Phone: (608) 643-7572
Website: http://www.spmh.org/
Offers a large variety of classes, including yoga classes (regular, water and chair yoga) and water exercises for arthritis.