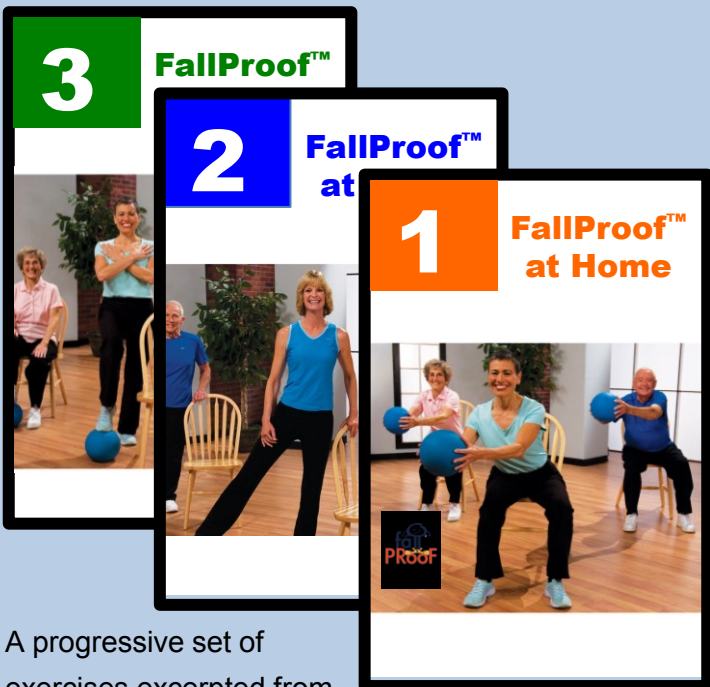


- ◆ Rebuild Your Balance & Strength
- ◆ Fine Tune Your Flexibility
- ◆ Lower Your Risk for Falls
- ◆ Regain Your Independence



A progressive set of exercises excerpted from the national award-winning FallProof™ Balance and Mobility Training Program created by Debra Rose, PhD, at the Center For Successful Aging, California State University, Fullerton.



FallProof™ at Home Order Form

Please indicate quantity. Tax is included in DVD price.

- ___ **Level 1** \$20.00 for 1st DVD. Additional DVDs \$3.00 each.
Simple effective balance, strength, and flexibility exercises for older adults experiencing significant mobility difficulties that limit daily activities. Seated activities with some standing exercises.
- ___ **Level 2** \$20.00 for 1st DVD. Additional DVDs \$3.00 each.
Higher challenge program for older adults who have mastered Level 1. Combined seated and standing activities.
- ___ **Level 3** \$20.00 for 1st DVD. Additional DVDs \$3.00 each.
Highest challenge program for older adults who have mastered Levels 1 & 2. Primarily standing activities.
- ___ **Set (Levels 1, 2 & 3)** \$45.00 for 1st set. Additional sets \$9.00 each.

Payment by check or money order * payable to: CSUF Cashiers

All costs in U.S. dollars. Applicable sales taxes included in price.

*International orders must be paid by money order in U.S. dollars.

Shipping & Handling (S&H) U.S. Rates:

- 1 – 3 DVDs = \$6.00 total
- 4 – 6 DVDs = \$10.00 total
- 7 – 20 DVDs = \$12.00 total
- 20+ call or e-mail for rates
- E-mail for international rates

| | |
|----------|-----------|
| \$ _____ | Sub-total |
| \$ _____ | Shipping |
| \$ _____ | Total |

Name _____

Address _____

City/State/Zip _____

Phone _____ E-Mail _____

Mail to:

California State University, Fullerton - Center for Successful Aging
800 N. State College Blvd., KHS-011C, Fullerton, CA 92831-3599
Phone: (657) 278-7994 Fax: (657) 278-1171; fallproof@fullerton.edu