

CHAMP

The McDowell Senior Center hosts the Community Health And Mobility Partnership (CHAMP) program one Friday per month March through November. The next day for CHAMP is **Friday, March 8th** . CHAMP is a free all-inclusive falls risk assessment provided by volunteers, health science students, and their college/university faculty. The program uses Center for Disease Control evidence based assessments to identify participants risk for falls. If the participant is determined by participating volunteers to be at risk for falls, the supervising faculty will complete reports to be sent to the participant's primary care provider. If exercises are an appropriate intervention, Physical Therapy students will issue appropriate exercises from the Otago Exercise Program, a home based exercise program that research shows can reduce the risk for falls. The program is free to any participant who calls to schedule an appointment. If you would like to confirm that you are not at risk for falls, or if someone you know should be assessed, please contact the McDowell Senior Center at 659-0821 to schedule your appointment.