



Is this program for your congregation?

- Do you want to help older adults in West Virginia live longer, healthier lives?
- Do you have a room in your congregation or community where older adults can exercise safely?
- Do you know someone who might like to learn how to teach the class?
- Do you have members in your congregation or community over 65 years of age who want to prevent falls?
- Can you offer a 1-hour exercise class, 2 times a week, for 16 weeks?

If so, then join our study!

Call: (855) 314-0742
(toll-free)

If you are interested in finding out more information about the study, please return this form or call or email our office!

Name: _____

Congregation: _____

Your role in your congregation:

Clergy Leader Member

Phone: _____

Best time to call: _____

Email: _____

County of congregation located:

Calhoun

Ritchie

Roane

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The WVU Institutional Review Board has approved this project.



An Invitation for Rural Religious Congregations in *Calhoun, Ritchie, & Roane Counties*



To Increase Physical Activity & Prevent Falls in Older Adults



Let's prevent falls in rural West Virginia!

Why are we doing this?

More than **100 older adults** die each year in West Virginia due to a fall. Many falls can be prevented with **physical activity**.

What are we looking for?

Religious congregations to offer the *Moving for Better Balance* program to older adults in their congregation or community. The program was specifically created to improve balance & reduce falls in older adults using slow, gentle, & self-paced exercises.

Who are we?

Researchers in orthopaedics, physical therapy, & public health at West Virginia University.

Who are our partners?

The West Virginia Bureau for Public Health, West Virginia Bureau of Senior Services, & the Arthritis Foundation are helping us with this research study.

What will be expected of you & your congregation?

- Locate an appropriate space to hold the physical activity program
- Identify an instructor to undergo training & lead the exercise class
- Recruit people aged 65 years & older to take the class
- Offer the exercise class 2 times a week, for 1-hour, for 16 weeks
- Have an interest in continuing the class after the study ends.

What will we provide?

- All instructor trainings and necessary equipment for classes
- \$200 honorarium to the congregation
- \$200 honorarium to the instructor
- T-shirts, exercise bags, & fitness DVDs for the participants
- Assistance with identifying exercise instructor & recruiting older adults for the class
- A summary of the study results to the congregation

Who is funding the project?

The Centers for Disease Control & Prevention are funding this important research study.