

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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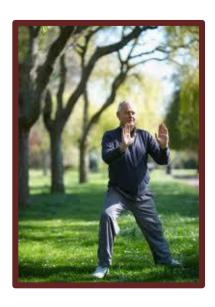
(855) 314-0742 (toll-free)

The WVU Institutional Review Board has approved this project.

(304) 293-1078



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.