

CareLink Wellness Fall Prevention Programs



TAI JI QUAN: MOVING FOR BETTER BALANCE

Learn about ways to improve balance and reduce your fall risk through a balance and strengthening exercise class incorporating Tai Ji movement!

A MATTER OF BALANCE

Learn to reduce your fear of falling and increase your activity levels. This program is geared towards older adults who have concerns about falling



OUTPATIENT SERVICES

We provide services within all levels of community living, including your home, independent living, assisted living, and adult day services.



For More Information Contact

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