

FOX STRONGER LIVING

This fun and engaging program is offered to all residents and aims to keep older adults functioning at an optimum level, decreasing unnecessary falls and trips to the hospital. Every resident will have access to 150 minutes per week of exercise that is individualized based on level of function.



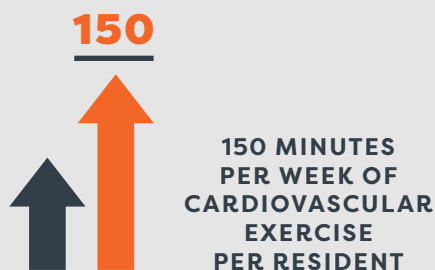
Services:

- On-site PT, OT, SLP, EP
- Functional assessments
- Group exercise classes
- 1-on-1 wellness sessions
- Fall risk reduction program
- Monthly educational modules
- Exercise equipment consultations



Exercise classes:

- Balance Booster
- Strength & Conditioning
- Tai Chi
- Yoga
- Cardio Walk
- Stretch & Flex
- Volleyball
- Soccer
- Boxing
- Pilates



PHYSICAL, OCCUPATIONAL, & SPEECH THERAPY.
FOX REHABILITATES LIVES.

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