New Mexico Directory of Evidence-Based and Promising Falls Prevention Programs
Community Classes for Older Adults

With sincere gratitude to:

The instructors who teach these classes to older adults in our communities
The senior centers and other community organizations who provide space and support for these classes
The NM Adult Falls Prevention Coalition for its support in identifying classes

To correct any information, or to add your evidence-based or promising fall prevention program to the directory, please contact:

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I. **What are Evidence-Based and Promising Programs?**

- Evidence-based programs have been reliably studied and evaluated and have been shown to reduce the risk of falls or fall-related injuries, including death.
- Promising programs may have been adapted from an evidence-based program to fit a new population or setting, may use a new delivery model, or may have been evaluated using fewer or less rigorous studies. Some promising programs may be in the process of becoming an evidence-based program by following rigorous assessment guidelines that take several years to finalize.

Evidence-based falls prevention programs and interventions are listed in the Center for Disease Control and Prevention (CDC)’s *Compendium of Effective Fall Interventions*; the National Council on Aging (NCOA)’s list of *Fall Prevention Programs for Older Adults*. Additionally, the U.S. Preventive Services Task Force’s publishes recommendations for preventing falls in *Fall Prevention in Older Adults: Counseling and Preventive Medication*. The programs listed as “promising” in this directory are not listed in these sources but, as mentioned above, may be in the process of becoming an evidence-based program, have emerging evidence supporting its effectiveness at falls prevention, or have been adapted from a recognized evidence-based program for a new population or setting.

II. **Description of 7 Evidence-Based and Promising Programs in NM**

The programs listed in this directory currently are being offered in New Mexico at senior centers, senior living communities, community or multi-generational centers, and other organizations serving older adults at are evidence-based or promising programs for the prevention of falls among older adults ages 65 and older. Seven programs in 14 New Mexico counties are listed below.

1. **A Matter of Balance: Managing Concerns About Falls.** EVIDENCE-BASED PROGRAM. The goal of *A Matter of Balance: Managing Concerns About Falls* is to reduce the fear of falling and increase activity levels in older adults. Classes are led by coaches trained by MaineHealth, the developers of *A Matter of Balance*, and consist of standing and chair-based exercises that develop strength and balance.
   - To gain the health benefit (increase physical activity and reduced fear of falling), individuals should participate in at least one 2-hour class, once per week, for a minimum of 8 weeks (at least 16 hours total).

2. **Enhance®Fitness.** PROMISING PROGRAM. *Enhance®Fitness* is a promising program developed by Senior Services of Seattle, WA in partnership with Group Health Cooperative and the University of Washington. The classes consist of a mix of aerobic and balance exercises, weight training, and stretching, and facilitates social support among participants.
   - While a minimum number of hours to gain the health benefit (increased physical activity and ability to sustain independent living) is not stated, a fitness check is conducted at four months, and the research studies evaluating the program identified minimum health gains at four months.
3. **FallProof!™. PROMISING PROGRAM.** FallProof! was developed by researchers at the Center for Successful Aging at California State University, beginning in a laboratory setting and expanding to a community-based group program, and is specifically designed for high-risk and physically-frail older adults. The program identifies participants’ initial balance and mobility, and gradually challenges participants to more challenging tasks over time.
   - To gain the health benefit, individuals should participate in at least one 60-minute class, two times per week, for 24 weeks.

4. **Steady As You Go. PROMISING PROGRAM.** Steady As You Go, developed by Age Concern in Otego, New Zealand, is a community-based group physical activity program developed from the physical therapist-administered, one-on-one evidenced-based Otago model. Otago is one of the most-studied falls prevention interventions and has been shown to significantly reduce falls and fall-related injuries and increase physical activity and confidence in self-efficacy regarding fall prevention, as well as being cost-effective.
   - To gain the health benefit (improved gait and balance), individuals should participate in at least one 60-minute class, once per week, for 12 months. One break lasting up to 6-8 weeks by the end of the 12-month period appears to present no losses in the health benefit.

5. **Tai Chi for Arthritis. EVIDENCE-BASED PROGRAM.** Tai Chi for Arthritis was developed by Dr. Paul Lam of the Tai Chi for Health Institute. The goals of the program include improving health and wellness and increasing muscle strength, which in turn supports and protects joins and reduces pain. Tai Chi for Arthritis is also effective in preventing falls among older adults.
   - To gain the health pain (reduced pain, reduced risk of falls and increased physical function), individuals should participate in at least one 60-minute class, twice per week, for a minimum of 12 consecutive weeks (at least 24 hours total).

6. **Tai Chi (multiple forms). EVIDENCE-BASED PROGRAM.** Various traditional forms of Tai Chi teach balance and strength in addition to the other teachings (such as the development and management of internal energy and improvement in mental function) included in this ancient martial art. The CDC has previously determined that various Tai Chi forms are inherently effective at preventing falls among older adults, even if the class wasn’t specifically designed for older adults. Variations include simplified Tai Chi, Tai Chi Cu’uan, Tai Chi Chih, chair-based Tai Chi, and many others.
   - The minimum number of hours to gain a health benefit depends upon the specific Tai Chi variation. Ask the instructor about the recommended minimum length of time to participate in the class.

7. **Tai Ji Quan: Moving for Better Balance. EVIDENCE-BASED PROGRAM.** Developed by Dr. Fuzhong Li of the Oregon Research Institute, Tai Ji Quan: Moving for Better Balance is an evidence-based fall prevention program developed from the traditional martial art of tai chi. Tai Ji Quan was designed specifically for older adults and others who want to improve balance and strength, and uses eight simplified tai chi forms, with variations.
To gain the health benefit (reduced frequency of falls), individuals should participate in at least one 60-minute class, twice per week, for a minimum of 24 consecutive weeks (at least 48 hours total).

**Important note:** To maintain the health benefit for each of these programs, individuals should continue to participate in an evidence-based or promising fall prevention class beyond the minimum length of time for which the health benefit has been demonstrated. In other words, older adults should adopt these falls prevention strategies as a change in lifestyle, rather than a one-time activity. Otherwise, the health benefit will be lost over time.

Staying physically active in these classes, in addition to making the home safer and having a health care provider check annually for vision problems and risky medications, are key strategies to preventing falls among older adults. Risky medications include any prescription or over-the-counter medications that cause dizziness or sleepiness and put the individual at risk for falls. Common risky prescription medications include opioids (painkillers such as morphine, hydrocodone and oxycodone) and benzodiazepines (mood stabilizers such as diazepam, lorazepam and alprazolam). A common risky over-the-counter medication includes antihistamines (allergy medications such as diphenhydramine).
III. Listing of Evidence-Based and Promising Programs in NM by County

Bernalillo County

Barelas Senior Center
714 7th St. SW
Albuquerque, NM 87102
505-764-6436
https://www.cabq.gov/seniors/centers/barelas-senior-center

Class (1): Tai Chi Cu’uan
Day and Time: Wednesdays, 9:30-10:30 am
Additional Information: $5 suggested donation

Bear Canyon Senior Center
4645 Pitt NE
Albuquerque, NM 87111
505-767-5959
https://www.cabq.gov/seniors/centers/bear-canyon-senior-center

Class (1 of 2): T’ai Chi Chih
Days and Times: Wednesdays, 11:30 am - 1:00 pm

Class (2 of 2): T’ai Chi Chih
Days and Times: Wednesdays, 3:30-4:30 pm
Additional Information: n/a

Highland Senior Center
131 Monroe NE
Albuquerque, NM 87108
505-767-5210
https://www.cabq.gov/seniors/centers/highland-senior-center

Class (1): Tai Chi Cu’uan
Day and Time: Thursdays, 2:00-3:00 pm
Additional Information: $5 suggested donation

Isleta Pueblo Elder Center
1001 Tribal Road 140
Isleta, NM 87022
505-869-9770
http://www.isletapueblo.com/elder-center.html

Class (1): Tai Chi
Day and Time: Call for schedule
Additional Information: n/a
La Vida Llena Senior Living
10501 Lagrima de Oro Rd. NE
Albuquerque, NM  87111
505-293-4001
http://www.lavidallena.com/retired/

Class (1): Better Balance with Tai Chi
Day and Time: Tuesdays and Thursdays, 11:00-11:45 am
Additional Information: Free to Silver Sneakers members; otherwise $2.50 per class

Los Padillas Community Center
2117 Los Padillas Rd. SW
Albuquerque, NM  87105
505-468-7600
http://www.bernco.gov/community-services/los-padillas.aspx

Class (1): EnhanceFitness
Day and Time: Mondays, Tuesdays & Thursdays, 1:30-2:30 pm
Additional Information: n/a

Los Volcanes Senior Center
6500 Los Volcanes NW
Albuquerque, NM  87121
505-767-5999
https://www.cabq.gov/seniors/centers/los-volcanes-senior-fitness-center

Class (1 of 3): Tai Chi
Day and Time: Wednesdays (1st, 2nd and 3rd), 12:00-1:00 pm

Class (2 of 3): Tai Chi Cu’uan
Day and Time: Tuesdays, 3:00-4:00 pm

Class (3 of 3): EnhanceFitness
Day and Time: Mondays, Wednesdays & Fridays, 1:00-2:00 pm
Additional Information: $3 suggested donation

Manzano del Sol Village
5201 Roma Ave NE
Albuquerque, NM  87108
505-262-2311
http://www.good-sam.com/index.php/locations/manzanodelsolvillage

Class (1 of 2): Tai Ji Quan: Moving for Better Balance for Beginners
Day & Time: Wednesdays 10:45-11:45 am

Class (2 of 2): Tai Ji Quan: Moving for Better Balance
Day and Time: Tuesdays & Thursdays, 9:00-10:00 am
Additional Information: $5/day drop-in or $30 for monthly membership; Tai Ji Quan: Moving for Better Balance on Tuesdays & Thursdays is free for all seniors; ask about discounts.

Manzano Mesa Multigenerational Center
501 Elizabeth SE
Albuquerque, NM  87123
505-275-8731
https://www.cabq.gov/seniors/centers/manzano-mesa-multigenerational-center
Class (1): Tai Chi Cu’uan
Day and Time: Tuesdays, 9:30-10:30 am
Additional Information: $5 suggested donation

North Domingo Baca Multigenerational Center
7521 Carmel Ave NE
Albuquerque, NM  87113
505-764-6475
https://www.cabq.gov/seniors/centers/north-domingo-baca-multigenerational-center
Class (1 of 3): Yang Style Tai Chi
Day and Time: Fridays, 11:30 am - 12:30 pm
Class (2 of 3): EnhanceFitness
Day and Time: Mondays, Wednesday & Fridays, 10:15-11:15 am
Class (3 of 3): EnhanceFitness
Day and Time: Tuesdays, Wednesdays & Fridays, 8:00-9:00 am
Additional Information: Yang Style Tai Chi: $5 suggested donation

North Valley Senior Center
3825 4th Street NW
Albuquerque, NM  87107
505-761-4025
https://www.cabq.gov/seniors/centers/north-valley-senior-center
Class (1 of 2): Tai Chi Cu’uan
Day and Time: Mondays, 9:30-10:30 am
Class (2 of 2): EnhanceFitness
Day and Time: Mondays, Wednesdays & Fridays, 8:45-9:45 am
Additional Information: Tai Chi Cu’uan: $5 suggested donation

Palo Duro Senior Center
5221 Palo Duro NE
Albuquerque, NM  87110
505-888-8102
https://www.cabq.gov/seniors/centers/palo-duro-senior-center

Class (1):
Beginners T’ai Chi Chih Series
Day and Time:
Wednesdays Afternoons

Additional Information:
Tai Chi Cu’uan: $60 for 8 weeks. Course begins in July; call for schedule.

Chaves County

The Roswell J.O.Y. Center
1822 N. Montana Ave.
Roswell, NM  88201
575-623-4866
http://www.chavescountyjoycenters.com/

Class (1 of 2):
EnhanceFitness
Day and Time:
Mondays, Tuesdays & Thursdays, 9:00-10:00 am

Class (2 of 2):
EnhanceFitness
Day and Time:
Mondays, Tuesdays & Thursdays, 2:00-3:00 pm
Additional Information:
n/a

Cibola County

Cibola Senior Citizen Center
550 Jurassic Ct.
Grants, NM  87020
505-285-3922
http://www.cityofgrants.net/#!senior-citizen-center-grants-nm/c14dj

Class (1):
EnhanceFitness
Day and Time:
Mondays, Wednesdays & Fridays, 10:00-11:00 am
Additional Information:
$4 for individuals 60+
City of Clovis Wellness Center (Aquatic Center)
1700 East Seventh
Clovis, NM  88101
575-762-4519
http://www.cityofclovis.org/?page_id=606

Class (1 of 2): EnhanceFitness
Day and Time: Mondays, Tuesdays & Thursdays, 9:45-10:45 am

Class (2 of 2): EnhanceFitness
Day and Time: Monday, Tuesdays & Thursday, 11:00 am - 12:00 pm
Additional Information: Ask for Jolene Fox when calling for information

Doña Ana County

Frank O'Brien Papen Center
304 Bell Avenue
Las Cruces, NM 8805
575-541-2455

Class (1 of 4): Tai Ji Quan: Moving for Better Balance
Day and Time: Mondays & Wednesdays, 10:30-11:20 am

Class (2 of 4): Tai Ji Quan: Moving for Better Balance
Day and Time: Tuesdays & Thursdays, 10:30-11:20 am

Class (3 of 4) Tai Chi
Day and Time: Mondays & Wednesdays, 5:30-6:30 pm

Class (4 of 4) Tai Chi
Day and Time: Tuesdays & Thursdays, 5:30-6:30 pm
Additional Information: Pre-registration if required for Tai Chi classes; call for prices and series start times

Good Samaritan Society
Las Cruces Village
3025 Terrance Dr.
Las Cruces, NM 88011
575-522-1362
http://www.good-sam.com/index.php/locations/lascrucesvillage

Class (1): Tai Ji Quan: Moving for Better Balance
Day and Time: Mon,Tues,Wed, Thurs,Fri, 9:00-10:00 am
Additional Information: Classes begin in May 2016

Haciendas at Grace Village
2802 Corte Dios
Las Cruces, NM 88011
575-524-1020
http://gracevillagelc.com/

**Class (1):** Tai Ji Quan: Moving for Better Balance  
**Day and Time:** Mondays, Wednesdays, Fridays, 10:00-11:30am  
**Additional Information:** Classes are for residents only

**Munson Senior Center**
975 S. Mesquite St.  
Las Cruces, NM  88001  
575-528-3000  

**Class (1):** EnhanceFitness  
**Day and Time:** Mondays, Wednesdays & Fridays, 8:00-9:00 am  
**Additional Information:** n/a

**Sage Café Community Center**
6121 Reynolds Drive  
Las Cruces, NM  88001  
575-257-4900  

**Class (1):** EnhanceFitness  
**Day and Time:** Tuesdays, Wednesdays & Fridays, 12:00-1:00 pm  
**Additional Information:** n/a

**White Sands Missile Range**
Bell Gymnasium  
White Sands, NM 88002  
575-678-3374

**Class (1):** Tai Ji Quan: Moving for Better Balance  
**Day and Time:** Call for schedule  
**Additional Information:** For residents only

**Grant County**

**Silver City Recreation Center**
1016 N. Silver St.  
Silver City, NM  88061  
575-388-3087  

**Class (1):** Tai Ji Quan: Moving for Better Balance  
**Days and Times:** Tuesdays & Thursday, 10:00-10:55 am  
**Additional Information:** First class FREE; $2 per class after the first class
**Lincoln County**

**Ruidoso Athletic Club**  
415 Wingfield St.  
Ruidoso, NM 88345  
575-257-4900  

Class (1):  EnhanceFitness  
Days and Times:  Mondays, Wednesdays & Fridays, 1:30-2:30 pm  
Additional Information:  n/a  

**Los Alamos County**

**Betty Ehart Senior Center**  
1101 Bathtub Row  
Los Alamos, NM 87544  
505-662-8920  

Class (1):  A Matter of Balance  
Days and Times:  Call for schedule  
Additional Information:  $5 suggested donation  

**Luna County**

**Robert L. Beckett Senior Complex (Deming Senior Center)**  
800 South Granite  
Deming, NM 88030  
575-546-8823  
[http://www.demingseniors.org/](http://www.demingseniors.org/)

Class (1):  Tai Chi  
Days and Times:  Mondays & Fridays, 10:00-11:00 am  
Additional Information:  n/a  

**McKinley County**

**Bread Spring Senior Center**  
190A Rodeo Road  
Gallup, NM 87301  
505-778-5888  

Class (1):  Tai Chi  
Days and Times:  Call for schedule  
Additional Information:  n/a  

**Zuni Wellness Center**  
Zuni, NM 87327
San Juan County

Bonnie Dallas Senior Center
208 N. Wall Ave.
Farmington, NM  87401
505-599-1380

Class (1):  Tai Chi
Days and Times:  Thursdays, 9:30-10:30 am
Additional Information:  $3 suggested donation for individuals 60+

Shiprock Senior Center
U.S. Highway 491
Shiprock, NM  87420
505-368-1560
http://www.naaa.navajo-nsn.gov/senior_citizen_cntr.html

Class (1):  Tai Chi for Arthritis
Days and Times:  Call for schedule
Additional Information:  n/a

Sandoval County

Bernalillo Senior Center
255 Camino del Pueblo
Bernalillo, NM  87004
505-867-9448

Class (1):  Tai Chi
Days and Times:  Wednesdays, 1:30-2:30 pm
Additional Information:  n/a

Corrales Senior Center
4324-A Corrales Rd.
Corrales, NM  87048  
505-897-3818  

**Class (1):** Tai Chi  
**Days and Times:** Mondays, 3:30-4:30 pm  
**Additional Information:** n/a

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**Meadowlark Senior Center**  
4330 Meadowlark Lane SE  
Rio Rancho, NM  87124  
505-891-5018  

**Class (1 of 2):** EnhanceFitness  
**Days and Times:** Mondays, Wednesdays & Fridays, 10:00-11:00 am*  
**Additional Information:** *Class is currently full - call for registration beginning in May; cost $10

**Class (2 of 2):** Tai Chi Chih  
**Days and Times:** Mondays  
**Additional Information:** Tai Chi Chih is offered as a series of classes; call for dates and times; $22 for four classes

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**Placitas Senior Center**  
41 Camino de la Huertas  
Placitas, NM  87043  
505-867-1396  

**Class (1):** EnhanceFitness  
**Days and Times:** Tuesdays, Thursdays & Fridays, 12:00-1:00 pm

**Class (2 of 2):** Tai Chi  
**Days and Times:** Wednesdays, 3:30-4:30 pm  
**Additional Information:** n/a

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**Santa Fe County**

**Genoveva Chavez Community Center**  
3221 Rodeo Rd. Santa Fe, NM 87507  
505-955-4000  
http://www.chavezcenter.com/calendar/week/fitness

**Class (1):** Tai Chi
**Days & Times:** Call for Schedule

**Ken and Patty Adam Senior Center**
16 Avenida Torreon  
Santa Fe, NM 87508  
505-466-1039  
http://www.santafecountym.gov/community_services/seniors

**Class (1 of 3):** Standard Tai Chi  
**Days and Times:** Wednesdays 10:00-11:00 am

**Class (2 of 3):** Standard Tai Chi  
**Days and Times:** Thursdays, 8:30-9:30 am

**Class (3 of 3):** Chair Tai Chi  
**Days and Times:** Mondays, 10:30-11:30 am  
**Additional Information:** n/a

**Mary Ester Gonzales Senior Center**
1121 Alto Street  
Santa Fe, NM 87501  
505-955-4721  
http://www.santafenm.gov/division_of_senior_services

**Class (1 of 2):** Tai Chi  
**Days and Times:** Tuesdays & Thursdays, 8:15-9:15 am

**Class (2 of 2):** EnhanceFitness  
**Days and Times:** Mondays, Wednesdays & Fridays, 9:30-10:30 am  
**Additional Information:** No cost

**Pasatiempo Senior Center**
664 Alta Vista St.  
Santa Fe, NM 87505  
505-955-6433  
http://www.santafenm.gov/division_of_senior_services

**Class (1):** Tai Chi  
**Days and Times:** Thursdays, 9:00-10:00 am  
**Additional Information:** No cost

**Unitarian Universalist Congregation of Santa Fe**
107 W. Barcelona Rd.  
Santa Fe, NM 87505  
http://www.uusantafe.org/

**Class (1):** Fall Prevention Class (Steady As You Go)  
**Days and Times:** Tuesdays, 3:30-4:30 pm  
**Additional Information:** $2 suggested donation
Taos County

Phil Lovato Senior Center
601 Lovato Place
Taos, NM  87571
575-758-4091
http://www.laplaza.org/community/ancianos/services.htm

Class (1): Tai Chi
Days and Times: Mondays & Fridays, call for times
Additional Information: No Cost

Taos Pueblo Health & Community Services
195 Rio Lucero Rd.
Taos Pueblo, NM  87571
575-758-7824

Class (1): EnhanceFitness
Days and Times: Mondays, Wednesdays & Fridays, 11:00 am-12:00 pm
Additional Information: Should plan to arrive early for first class to fill our registration paperwork

Valencia County

Bosque Farms Senior Center
1190 N. Bosque Farms Loop
Bosque Farms, NM  87068
505-869-5133
http://www.co.valencia.nm.us/Facilities/Facility/Details/Bosque-Farms-Senior-Center-1

Class (1): Tai Chi
Days and Times: Mondays, Wednesdays & Fridays, 9:00-10:00 am
Additional Information: n/a

Daniel Fernandez Youth Center
1103 New Mexico 314
Los Lunas, NM  87031
505-839-3845

Class (1 of 2): EnhanceFitness
Days and Times: Mondays, Wednesdays & Fridays, 10:00-11:00 am

Class (2 of 2): EnhanceFitness
Days and Times: Mondays, Wednesdays & Fridays, 11:30 am - 12:30 pm
Additional Information: n/a
**Del Rio Senior Center**  
351 Rio Communities Blvd  
Belen, NM  87002  
505-864-7500  
[http://www.co.valencia.nm.us/Facilities/Facility/Details/Del-Rio-Senior-Center-4](http://www.co.valencia.nm.us/Facilities/Facility/Details/Del-Rio-Senior-Center-4)  

**Class (1 of 2):**  
Tai Chi Enhanced with Self Defense  
**Days and Times:**  
Tuesdays, 10:00-11:00 am

**Class (2 of 2):**  
Tai Chi  
**Days and Times:**  
Fridays, 9:30-10:30 am  
**Additional Information:**  
n/a

**Fred Luna Multi-Generational Center**  
197 Don Pasqual  
Los Lunas, NM  87031  
505-839-3853  

**Class (1):**  
Tai Chi  
**Days and Times:**  
Call for schedule  
**Additional Information:**  
n/a
Please note: This list does not include all wellness or fitness classes offered at senior centers, senior living communities, or other senior-serving organizations in New Mexico. The purpose of this list is to assist older adults (ages 65 and older), their families, health care providers, and others serving older adults in finding evidence-based or promising fall prevention classes offered in their local communities.