



Network Practices: Vertical

Participation Options

Terraces of Los Gatos

Have the Fitness Coordinator use the PowerPoints as they are written, and also print handouts for those who prefer to also read the material or just read the material and not attend the live presentation. Divide the participants into three fitness groups and hold practical balance training sessions based on participants' ability.

Pharmaceutical Tie-In

Multiple

Different communities have brought in a pharmacist to discuss drug interactions and how they affect balance.