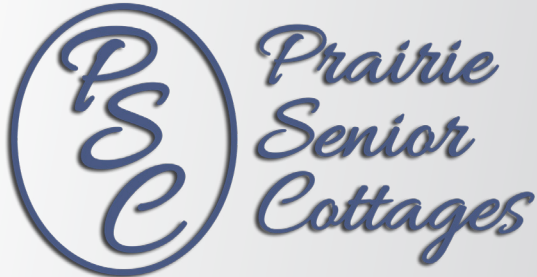


Falls Reduction Reality Check

Memory Care Community Reveals a 59% Fall Rate Reduction



Prairie Senior Cottages' mission is to help seniors struggling with memory loss maintain their dignity and enjoy a life of choice, purpose & meaning.



In 2017, Prairie Senior Cottages partnered with **Live 2 B Healthy®** at their Willmar location to provide professional, certified group fitness training to their residents. Dustin Lee, PSC's C.E.O . explained his decision: "I'd seen the research and was aware of the benefits of regular exercise for Alzheimer's patients."



In early 2019, pleased with the overwhelmingly positive response from residents, staff and families, Prairie Senior Cottages expanded the **Live 2 B Healthy®** program to all 7 of their locations.

Recently, Live 2 B Healthy® was provided with the following numbers from the longest-running PSC community (Willmar) indicating the dramatic decline in falls among the residents over the past almost 3 years, since initiating the program:

Prairie Senior Cottages of Willmar Number of Falls per year:

01/01/17 -12/31/17	125	Baseline (First Full Year of Classes)
01/01/18 - 12/31/18	85	32% Decrease in Falls (Second Full Year of Classes)
01/01/19 - 10/31/19	51	59% Decrease in Falls (so far at the end of the Third Full Year of Classes)

Live 2 B Healthy® helps seniors stay active and independent well into their 90's and beyond! Contact us for more information about how your senior living community can participate in our programs.

www.Live2BHealthy.com

2019 InfoGraphic Created by:

