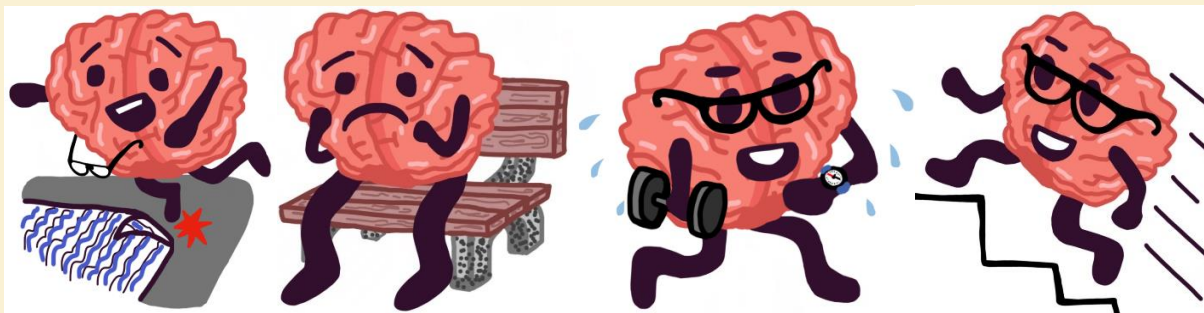




Have you had an injury from slip, trip, or fall that has limited your mobility? Do you find you walk or take the stairs differently or less frequently than before?



If you are ≥ 55 and have had an activity-limiting injury from a slip, trip, or fall in the past 6 months, you may qualify to participate in a pilot research study investigating a home-based high intensity functional strength training (HIFST) exercise program.

Eligible participants receive a 12-week home-based HIFST exercise program or a 12-week home-based lower body stretching program; both will include videoconferencing meetings.

For more information or to volunteer for this research study please contact:

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