

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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Table of Contents

I.	What are Evidence-Based and Promising Programs?	3
II.	Description of 7 Evidence-Based and Promising Programs in NM	3
	a. A Matter of Balance: Managing Concerns About Falls	3
	b. Enhance®Fitness	3
	c. FallProof!™	4
	d. Steady As You Go	4
	e. Tai Chi for Arthritis	4
	f. Tai Chi (multiple forms)	4
	g. Tai Ji Quan: Moving for Better Balance	4
III.	Listing of Evidence-Based and Promising Programs in NM by County	
	a. Bernalillo County	6
	b. Chaves County	9
	c. Cibola County	9
	d. Curry County	10
	e. Doña Ana County	10
	f. Lincoln County	11
	g. Los Alamos County	12
	h. Luna County	12
	i. McKinley County	12
	j. San Juan County	13
	k. Sandoval County	13
	l. Santa Fe County	14
	m. Taos County	15
	n. Valencia County	16

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 Otago, 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 joints 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.berncogov/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+

Curry County

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

<http://www.las-cruces.org/departments/parks-and-recreation/recreation/fitness/tai-chi>

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
<http://www.las-cruces.org/departments/community-and-cultural-services/senior-programs>

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
<http://www.las-cruces.org/departments/public-information-office/news-releases/2015/april/sage-cafe-coffee>

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
http://www.townofsilvercity.org/r/town_of_silver_city_NM.php?r=56,san87

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

<http://www.ruidosoathleticclub.com/>

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

<http://www.losalamosseniorcenter.com/>

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/>

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

<http://baahaali.navajochapters.org/>

Class (1): Tai Chi

Days and Times: Call for schedule

Additional Information: n/a

Zuni Wellness Center

Zuni, NM 87327

505-782-2665

<http://www.ashiwi.org/programs.aspx>

Class (1): EnhanceFitness
Days and Times: Mondays, Tuesdays, Wednesdays, 2:00 pm- 3:00 pm
Additional Information: n/a

San Juan County

Bonnie Dallas Senior Center

208 N. Wall Ave.

Farmington, NM 87401

505-599-1380

<http://www.fmtn.org/index.aspx?NID=200>

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

<http://www.sandovalcounty.com/departments/community-services/senior-services/senior-centers/bernalillo-senior-center>

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

<http://www.sandovalcounty.com/departments/community-services/senior-services/senior-centers/corrales-senior-center>

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

Meadowlark Senior Center

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

<http://www.rnm.gov/index.aspx?NID=410>

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

Placitas Senior Center

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

<http://www.sandovalcounty.com/departments/community-services/senior-services/senior-centers/placitas-senior-center>

Class (1 of 2): 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

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.santafecountynm.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

<http://www.loslunasnm.gov/index.aspx?NID=112>

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>

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

<http://www.loslunasnm.gov/index.aspx?nid=296>

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.*