



SAN MATEO COUNTY HEALTH
**AGING & ADULT
SERVICES**

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Director

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Fall Prevention Coalition of San Mateo County Meeting

Meeting Date and Time: October 21, 2021, 1:00 – 2:30 PM

Call-in number: **669-900-6833**, Meeting ID: **930 7842 3029**, Passcode: **980670**

Virtual Meeting: Please hit Ctrl and click [here](#) to join.

1:00-1:15: Welcome, Introductions and Icebreaker: *Tell us about a place you went to or activity that you did this past summer.*

1:15-1:45: Presentation: “Adult Functional Independence Test Program!”

Topic: We all have heard, "it's important to exercise". Without a degree in exercise science, how are you supposed to know which exercises your body needs or how much to do? Through an individualized exercise plan, we can decrease chronic pain, risk for injuries, and maintain our independence.

Join us for a fun and interactive presentation on Sequoia Hospital's new Adult Functional Independence Test (AFIT). Our new AFIT program, for those 50 and older, is your chance to have a comprehensive physical assessment of your flexibility, strength, balance, posture, and endurance. Your one-on-one assessment is administered by an Occupational or Physical Therapist. Learn how we measure and compare your results with established normative data for your age and sex. Based on your results, an evidenced based exercise program will be provided that is tailored to your needs in order to age optimally. If you're curious or you have clients who may be interested about how you compare with other people their age in different fitness categories, we'll show you how to sign up to get tested.

1:45-1:55: Q&A

1:55-2:30: Social Time: Group Discussion, Announcements and Updates

Question for the group: How can we spread the word about our new website?

Next Meeting: January 20, 2022 | 1:00-2:30 pm via Zoom