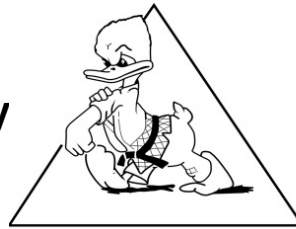


# PARTICIPANTS NEEDED

FOR JUDO-BASED EXERCISE STUDY TO PREVENT FALLS & HARM FROM FALLING

We are looking for older adults to participate in a study examining the feasibility and effects of a judo-based exercise program on balance, physical function and fear of falling in community-dwelling older people.

Adelaide University  
Judo Club Inc.



START  
SEPTEMBER 2021

You are eligible to participate in this study if you are:

- Aged 65 years or older
- Living at home (or in an independent living unit)
- Willing to participate in a judo-based exercise program including 2 centre-based exercise sessions per week in Thebarton, South Australia
- Study period: 8 weeks

Interested?

Please contact Dr Agathe Daria Jadczyk via phone: 8133 4012 (Mon-Wed) or email: [agathedaria.jadczyk@adelaide.edu.au](mailto:agathedaria.jadczyk@adelaide.edu.au) to confirm your eligibility for this study.

*This study is proudly supported by  
the Basil Hetzel Institute for Translational Health Research.*

Your personal information will be treated in complete confidence.

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