

## For Immediate Release:

### **New Partnership Helps Colorado's Older Adults Improve their Balance, for FREE**

**February 2021 (Denver, CO)** – In an effort to help older adults improve their balance and decrease their risk of falling, the Denver Regional Council of Governments (DRCOG) has partnered with Nymbl Science, the maker of an innovative balance training application, Nymbl. Starting February 16, Nymbl's at-home digital balance training solution app will be available for free to the first 5,000 older adults age 60 and older in Colorado who register by 1) downloading the 'Nymbl Training' app, or 2) registering online at [co.fallsfree.com](http://co.fallsfree.com). Older adults who sign up will receive a personalized balance training program conveniently downloaded on their smartphone or tablet via the Nymbl Training app.

Every 11 seconds, an older adult is treated in the emergency room for a fall and every 19 minutes, an older adult dies from a fall, according to the U.S. Centers for Disease Control and Prevention. COVID-19 has added to the challenges faced by older adults in the last year, as most are spending more time indoors, resulting in declines in both balance and physical strength. In Colorado, it's estimated that 585,000 older adults are in the high-risk category for falls, but with the proper measures, including balance training, many of these falls may be prevented.

Nymbl and DRCOG want Colorado's older adults to have full access to safe and effective fall prevention, in the comfort and privacy of their own homes. Registration is easy and secure and Nymbl is fully covered by the partnership with DRCOG and the state of Colorado for older adults over age 60.

"Strengthening balance and preventing falls are such important factors in older adults' health, and we are extremely excited for this partnership," said Jayla Sanchez-Warren, director for DRCOG's Area Agency on Aging. "Our goal is to reduce the number of falls and to build people's confidence so that they feel comfortable moving around their homes and communities."

Nymbl Science has reported that by using their app, balance improves by 30%, and 79% of their users felt confident that they would not lose their balance in their own home.

"As a Denver-based company, we are thrilled to be partnering with DRCOG to enable Colorado's older adults to improve their balance in their own homes," said Ed Likovich, chief executive officer of Nymbl. "We applaud DRCOG for making this opportunity free for older adults, especially during this difficult time when it can be hard to leave the home."

Registration is super easy and free! The Nymbl app only asks for a name, birth date, gender and zip code to verify eligibility. Reserve your spot now by 1) downloading the 'Nymbl Training' app, or 2) visiting [co.fallsfree.com](http://co.fallsfree.com).

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**The Denver Regional Council of Governments is a planning organization where local governments collaborate to establish guidelines, set policy and allocate funding in the areas of transportation and personal mobility; growth and development; and aging and disability resources.**

#### **About Nymbl Science**

**Nymbl is the only company providing digital balance training that is scalable, insightful, and cost saving for our partners and effective and engaging for older adults. Our scientifically validated balance training program trains the brain and body to work together, known as dual-tasking. Using just a smart device, and in only 10 minutes a day, older adults are preserving and enhancing their freedom and enjoyment of life with Nymbl. We believe it is necessary to empower older adults to increase their confidence and ability to fully participate in life. Join us on our way to preventing 1 million falls. For more information, visit [www.nymblscience.com](http://www.nymblscience.com).**