Don't Wait Until You Break a Hip

Reduce your risk of falling

Check for Upcoming Workshops

Visit us online or give us a call today! adrcofbrowncounty.org (920) 448-4300

\$25 Suggested Donation (helps offset cost of learning materials)



©Ljupco - Dreamstime.com

32 falls per day are reported in Brown County, our community's #1 trauma injury We can help reduce your fall risk!

Join this **SteppingOn** workshop for adults age 60 and older that have fallen or have concerns about falling. This workshop provides expert advice from a local physical therapist, pharmacist, vision specialist, and first responder.

Learn about these topics:

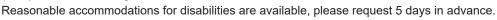
- Identify and avoid fall hazards in your home and outside.
- How vision, hearing, medication, and footwear affect your risk of falling.
- Strength and balance exercises adapted to your individual level.
- How to get back on your feet the right way if you do fall.
- And more!







Deadline to register is one week prior to start date, or upon filling. Visit www.adrcofbrowncounty.org/events or call ADRC at (920) 448-4300 to register or for more details.







BROWN COUNTY FALLS PREVENTION PARTNERSHIP

Supported by: ADRC of Brown County, Aurora Bay Care Medical Center, Bellin Health, De Pere Health Department, Green Bay Metro Fire Department, HSHS St. Vincent Hospital, HSHS St. Mary's Hospital Medical Center, Fall Prevention Alliance of Northeast Wisconsin, Prevea Health,

Northeast Wisconsin Regional Trauma Advisory Council

Learn More:

www.adrcofbrowncounty.org/fall-prevention

