

# 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](http://adrcofbrowncounty.org)  
(920) 448-4300

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



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**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!



BROWN COUNTY  
FALLS PREVENTION  
PARTNERSHIP

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**Registration is required. Space is limited.**

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

Reasonable accommodations for disabilities are available, please request 5 days in advance.

See back for  
more information



## BROWN COUNTY FALLS PREVENTION PARTNERSHIP

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*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](http://www.adrcofbrowncounty.org/fall-prevention)

