



Boost Your Balance

Balance is critical to help prevent falls.

As we age, falling increases and there can be many causes for losing your balance.

Boost Your Balance can help you reduce your risk.

Call ADRC (920) 448-4300 about your balance or falls risk concerns and learn how this screening can help. This is a completely free in-home service!




Our ADRC volunteers (retired doctor or nurse) will take the time you need to help:

- Identify and prioritize areas of balance risk
- Together, discover ways to stay safe and independent in your home
- Learn how to discuss balance and falls prevention with your doctor

“This screen made me think about potential fall issues. You have helped me so much and given me ideas. I’ll be able to tell others what I have learned.”

-Participant, Green Bay

ADRC, 300 S. Adams Street,
Green Bay, WI

 www.adrcofbrowncounty.org
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*Serving older adults, adults
with disabilities, and their
caregivers in Brown County.*