

Don't Wait Until You Break a Hip

Reduce your risk of falling

Upcoming Workshop

Tuesdays,
Sep 13 - Oct 25, 2022
9:30 - 11:30 a.m.
Aurora Sports Medicine
1160 Kepler Dr. Green Bay
\$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 **Stepping On** 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
FALL PREVENTION
PARTNERSHIP

wiha



Registration is required. Space is limited.

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.

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

See back for
more information

 BROWN COUNTY FALLS PREVENTION PARTNERSHIP

Aurora BayCare Medical Center
We are  AdvocateAuroraHealth

*bellin*health

HSHS  St. Vincent
St. Mary's |  PREVEA
health


 ADRC
of Brown County

 **Public Health**
Prevent. Promote. Protect.
De Pere Health Department



Fall Prevention Alliance

of Northeast Wisconsin
Our Focus is Injury Prevention

 Ss. Edward & Isidore
Church

Learn More:

www.adrcofbrowncounty.org/fall-prevention

