

# 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 at (920) 448-4300 about your balance or falls risk concerns and learn how this screening can help you stay independent and living at home. This is a completely free in-home service!

### *Our ADRC volunteers or prevention staff 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*

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