

Don't Wait Until You Break a Hip

Reduce your risk of falling

Upcoming Workshops

**Tuesdays,
Sep 3 - Oct 15, 2024
1 - 3 p.m.**

**Prevea Clinic
4th Floor Conference Room
1727 Shawano Ave, Green Bay**

**Tuesdays,
Sep 17 - Nov 5, 2024*
9:30 - 11:30 a.m.**

**Aurora 1160 Building
1160 Kepler Dr, Green Bay**

**No Class Oct 29*

**Mondays,
Oct 7 - Nov 18, 2024
9:30 - 11:30 a.m.**

**ADRC
300 S Adams St, Green Bay**

\$25 Suggested Donation

(helps offset cost of learning materials)

**33 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 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

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, Kroc Center, Greater Green Bay YMCA

Learn More:

www.adrcofbrowncounty.org/fall-prevention

