

# 4<sup>th</sup> Quarter 2026 Falls Prevention Education



## BROWN COUNTY FALLS PREVENTION COALITION

### **Senior Life Expo**

The Senior Life Expo is a **FREE** community-focused event dedicated to promoting health, safety, and well-being among older adults. This engaging expo brings together local resources and experts to provide seniors and their families with knowledge and tools to enhance their safety and preparedness in daily life.

**Friday, October 2<sup>nd</sup>, 2026**

**8:30am-12:30pm**

**The Salvation Army Kroc  
Community Center**

1315 Lime Kiln Rd, Green Bay, WI 54311

### **Stepping On**

Stepping On is a 7-week program designed for adults aged 60 and older who have fallen or are concerned about falling. Local experts provide education on strength and balance exercises, fall-risk medications, vision care, and common hazards. Participants will gain insights into reducing fall risks and create personalized action plans to maintain their independence.

***Thursdays***

**October 1<sup>st</sup> -November 12<sup>th</sup>, 2026**

**1:00pm-3:00pm**

**Prevea Clinic**

1727 Shawano Ave, Green Bay, WI 54303

4<sup>th</sup> floor conference room

Register by calling ADRC at 920-448-4300

\$35 suggested donation

***Mondays***

**October 5<sup>th</sup> -November 16<sup>th</sup>, 2026**

**9:00am-11:00am**

**ADRC**

300 S. Adams Street, Green Bay, WI 54301

Register by calling ADRC at 920-448-4300

\$35 suggested donation

### **Walk With Ease**

The Arthritis Foundation's Walk With Ease Program is a 6-week exercise program designed to reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can succeed with this program.

***Mondays, Wednesdays & Fridays***

**October 26<sup>th</sup> -December 4<sup>th</sup>, 2026**

**11:00am-12:00pm**

**West Side YMCA \*YMCA members only**

601 Cardinal Lane, Green Bay, WI 54313

Register by calling YMCA at 920-436-9622

***Mondays, Wednesdays & Fridays***

**October 26<sup>th</sup> -December 4<sup>th</sup>, 2026**

**1:00pm-2:00pm**

**East Side YMCA \*YMCA members only**

1740 S Huron Rd, Green Bay, WI 54311

Register by calling YMCA at 920-436-9622

### **Bar & Stretch for Veterans**

This veteran-focused Barre and Stretch class uses low-impact, functional movements to build strength, improve balance, increase flexibility, and support everyday mobility. Designed for all fitness levels, it offers a welcoming space to stay active, rebuild resilience, and move with confidence.

**Intro Class**

**Thursday, November 12<sup>th</sup>, 2026**

**1:00pm-2:00pm**

**ADRC**

300 S. Adams Street, Green Bay, WI 54301

Register by calling ADRC at 920-448-4300

**3-Week Series**

***Mondays***

**November 30<sup>th</sup>-December 14<sup>th</sup>, 2026**

**1:00pm-2:00pm**

**ADRC**

300 S. Adams Street, Green Bay, WI 54301

Register by calling ADRC at 920-448-4300