

FALL PREVENTION



Can I prevent a fall?

This FREE workshop is ideal for Older Adults and/or caregivers of Older Adults. This discussion will include common household risk factors as well as common medical conditions that can be risk factors for falls. We will discuss actions that can be taken to reduce each of these risk factors. We will also talk about general balance concepts and how changes can be made to improve your balance.

MONDAY, JANUARY 29TH
6:30-7:30PM



COME LEARN:

The common risk factors to falls

Effects of common medications on balance

What things you can do to prevent a fall

Call to register and get entered into the raffle for a BALANCE PAD!!

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