

Balance Training & Fall Prevention



One in three adults age 65 and older falls each year. These adults are hospitalized five times more often than they are for injuries from other causes. Balance training decreases the number of falls in older adults by 13% and decreases the number of falls resulting in emergency room visits by 46%. This program will explore balance training with two key activities for participants to take part in as well. We will also discuss facts about falls and how to prevent them from happening to you. This informative and interactive session will be led by Brad Lawton, Physical Therapist and Aryka Zdanowski, Director of Admissions, both from Medilodge of Midland.

Greendale: Wednesday, December 6 at 11:00am **832-8683**

Coleman: Wednesday, December 6 at 12:30pm **465-6216**

Trailside & Sanford: Thursday, December 7 at 12:00pm **633-3790**

Mills: Tuesday, December 12 at 12:30pm **633-3788**

To reserve a seat, call the Activity and Dining Center of your choice, at least one day before the presentation. We encourage you to come for lunch the day of the program. To make a lunch reservation, call the center you plan to attend before 9:00am, on that day.



Senior Services • 4700 Dublin Ave. • Midland, MI 48642