



FREE BALANCE SCREENING

BY LICENSED PHYSICAL THERAPIST

Falls are a threat to the health of older adults and can reduce their ability to remain independent. However, falls don't have to be inevitable as you age. There are proven ways to reduce and prevent falls, even for older adults (>65 years old)

3 Key Questions:

1. Do you feel unsteady when standing or walking?
2. Do you worry about falling?
3. Have you fallen in the past year?

If you answered “**yes**” to any of the above questions you would be a great candidate for our free balance screening. We can also answer any questions you may have regarding your balance, strength, or endurance.



**Falls among adults
65 and older
caused 34,000
deaths in 2019**

**In 2019, the
emergency
department
recorded 3
million visits for
older adult falls**

**Older adult falls cost
\$50 billion in
medical costs
annually**



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