



From your Parish Health Ministry Team

Fall Risk: One-on-One Assessments

Wednesday, May 22, 2019

Appointment times from 6:30 pm - 8:30 pm (St. Irenaeus Parish Hall)

If you are walking a little more slowly than you did a year ago... If you have recently felt unsteady when standing up or walking... If you have you fallen in the past 6 months... If you think you're fine right now, but might like to glean some tips about future fall prevention—this evening is for you! Our St. Irenaeus Parish Health Ministry along with Physical Therapists and Physical Therapy students from the University of Michigan-Flint will be here to individually assess your risk for falling, and offer tips and strategies to prevent falls. You will have a 4-stage balance test, timed 'up and go' test, blood pressure check, and personal assessment. Each participant will be given an exercise plan to help increase balance, a plan for 'fall-proofing' your home, and information on how to remain safely independent.

Each year, one in four seniors falls, and over 3 million are treated in the emergency room for serious injuries—let's make sure that statistic doesn't include you or a loved one! Come get educated about strength and balance training and how important it is to move—no one is too old to exercise, and the benefits are life transforming!



**1 in 4
people
65 and
older falls
each year.**

Stay **STEADY**.
Know the risks.

www.cdc.gov

**There is no cost to attend, but please RSVP—we will have four assessment stations, and will schedule participants in twenty-minute intervals between 6:30 and 8:30 pm.
Email: kammann73@hotmail.com or call 586-383-2412 to reserve your spot.**

Thank you!