

Balance for Life

PREVENT FALLS BEFORE THEY HAPPEN



Are you at risk?

Falls can be a serious health risk, especially for older adults.

Keeping your body as strong as possible and making your surroundings safe are the best ways to reduce the risk of injury from falls.

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When: Friday, July 25, 11 a.m. to 12:30 p.m.

Where: Cafeteria Patio, Kaiser Permanente Baldwin Park Medical Center

- Balance screenings provided by Physical Therapists. Find out if you are at risk from falling and may benefit from a cane, walker, or other type of equipment.
- Pick up a checklist for rooms and areas of your home and learn what you can do to prevent falls.
- Find out about additional resources and safe exercises that are good for everyone to help strengthen your body to decrease your chances of falling.

Complete an assessment and be entered into a drawing to win a gift basket.

Open to members, staff, and the public.