

# Maintaining a Healthy Balance



In this informative presentation we will answer questions about falls including:

- How can I prevent falls at home?
- What types of exercises are most effective for preventing falls?
- How good is my own balance?
- Come dressed in comfortable clothing and shoes to participate in some simple exercises and balance tests.

**WHEN:**

**Tuesday, March 20**

**12:00 pm - A light lunch will be served**

**12:30 pm - Presentation**

*Free of charge.*

**WHERE:**

**The Commons of Providence**

**5000 Providence Drive**

**Sandusky, Ohio**

Each year, one in three adults age 65 and older will experience a fall. Falls can cause severe injuries and increase the risk of early death. Fortunately, falls are a public health problem that is largely preventable.

*This workshop will be presented by experts from Fireland Regional Medical Center.*

Call Jean at 419.624.1171 or [Jcarris@chilivingcomm.org](mailto:Jcarris@chilivingcomm.org) to reserve a spot!



**CHI Living Communities**

**The Commons of Providence**

Independent Living Assisted Living Memory Care Rehabilitation Skilled Nursing

[homeishere.org](http://homeishere.org)