

# Safe Today. Healthy Tomorrow.

## Practical Falls Prevention



4th

**October 4: Boost Your Balance:** Strength, balance & flexibility exercises that will keep you active and upright.

11th

**October 11: Simplify Your Safety:** Devices or technology to help in your home.


18th

**October 18: Winter Mobility:** Walking, driving or shoveling: simple ways to keep safe in the land of ice & snow.

25th

**October 25: Being Mindful about Medications:** What does your prescriptions have to do with falls? Turns out.... a lot.

**Every Monday in October 2021**  
**2:00- 3:00 PM**



Join us virtually from your home or join a group to watch the presentation virtually at various "In Person" locations available in Antigo, Marshfield, Merrill, Stevens Point and Wausau and Wisconsin Rapids

Registration required at the ADRC-CW: Pick and choose which topics you would like to learn more about.

**888-486-9545 or [www.adrc-cw.org](http://www.adrc-cw.org)**

