



Improving Balance to Prevent Falls

October 7

11am-12pm

Join us to learn more during our upcoming talk, Better Balance.

Many people live with the false belief that worsening balance and falls are a normal part of getting older. The good news is, this is not true. There are so many exercises you can do to improve your balance, reduce falls, and reduce the likelihood of an injury when you do fall.

During this Educational Talk, we will cover:

- How exercise improves balance and can prevent falls!
- Why sideways falls are the most dangerous.
- Consequences of not being able to get up from the floor after a fall.
- Why balance reflexes are important.
- The top 6 balance exercises you can do at home.

Please [REGISTER](#) so we know how many people to expect.

