



INJURY PREVENTION PROGRAM:

HELPING PREVENT FALLS AMONG OLDER ADULTS

LEARN BALANCE & MOBILITY THROUGH:

- BINGOCIZE
- A MATTER OF BALANCE
- TAI CHI FOR ARTHRITIS



WALK WITH EASE
JOIN IN ON A FUN
& EDUCATIONAL
WALKING PROGRAM

TAKE A FALL RISK ASSESSMENT

A QUESTIONNAIRE
THAT ASSESSES YOUR
RISK FOR FALLING



GET A HOME ASSESSMENTS & MAKE MODIFICATIONS

WE CAN ARRANGE A SAFETY
ASSESSMENT OF YOUR HOME
AND MAKE MODIFICATIONS



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FallsPrevention@DelawareHealth.org
(740) 203-2039

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