

FREE

Fall Prevention Screening Event

November 6th, 2019

From 10:00am to 1pm



FALL PREVENTION

*Screening Is The
First STEP To
Protect Yourself.*



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



db Ortho PT
LINCROFT MANALAPAN

Attend This FREE Partner Event With The Freehold Family YMCA. Your Entire Family Is Welcome.

WHEN: **November 6th, 2019**
From 10:00am to 1pm

WHERE: Lobby of the Freehold Family YMCA
at 470 E. Freehold Rd. Freehold, NJ..

COST: **FREE For Everyone.**

SCREENING: Will consist of a balance screening
on the BIODEX BIOSWAY and be
performed by a Doctor of Physical Therapy.

All participants will have the opportunity to
interact with and ask questions of the
Physical Therapists from db Ortho PT.

FACTS YOU CAN'T IGNORE:

- 1 In the U.S. an estimated 2.5 million nonfatal falls and 24,000 fatal falls occur every year in individuals older than 65 years.
2. Falls are the most common cause of both traumatic brain injury and fractures in older adults and are the leading cause of unintentional death for this population.
3. There is evidence supporting general group exercise programs, and more specific balance and exercise classes such as those provided by your local YMCA of Freehold can help reduce fall risk. However for persons with a higher risk for falls, a more individualized program may be warranted.
4. At db Ortho PT, you will work with a skilled Doctor of Physical Therapy who will develop an individualized program to specifically address your balance and daily activity needs.



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