

Balance and Fall Risk Screening Clinic at



What? Free, individualized screening of your balance and fall risk by a MCHC physical therapist

When? 10 a.m. to Noon on Thursday, March 28th

Where? Lake Crystal Area Recreation Center, Meixell Meeting Room

Why? To understand your fall risk, prevent injuries and improve your balance

Who? Anyone!

Am I at Risk of Falling?

1. Have you fallen in the past year?
2. Are you afraid that you might fall?
3. Do you frequently need to use your arms to rise from a chair?



If you answered **YES** to any of these questions, you may be at risk for falling. Stop by LCARC for a free screening of your balance and fall risk on March 28th!

Madelia
Community
Hospital & Clinic

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