

Balance and Fall Risk Screening

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

When? 1 - 3 p.m. on Thursday, March 14th

Where? Madelia Community Hospital & Clinic, Physical Therapy Dept.

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 MCHC for a free screening of your balance and fall risk on March 14th!

Madelia
Community
Hospital & Clinic

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Clinic Appointments: 507.642.5200
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