

Stay on Your Feet to Stay Independent

*Learn how to reduce the risk of falling
for yourself or a loved one.*

MONDAY, SEPTEMBER 14th
5:00 - 7:00 p.m.

NEW Spooner High School
(County Rd A)

*Refreshments
Will Be Served*

Dr. Mark Van Etten will give a brief presentation at 5:00 p.m. and repeat again at 6:00 p.m. Please attend the time that is most convenient for you. Between 5:00 and 7:00 p.m., you'll have the opportunity to meet with various Health Care professionals including:

- **Optometrist** (Dr. Les Thornburg) - Determine if there are vision concerns.
- **Physical Therapist** - Personalized fall risk assessment.
- **Occupational Therapist** - Home safety tips.
- **Pharmacist** - Bring a list of your medications to have them reviewed.
- **Registered Dietician** - Diet recommendations.
- **Nurse** - FREE blood pressure and blood sugar checks.
- **Home Care** - Tuning fork test for feet and ankles.
- **Stepping On** - A community based program that empowers older adults to carry out health behaviors that reduce the risk of falls.



Dr. Van Etten

Each year, nearly one-third of older adults in the United States experience a fall. Falls can be devastating, even deadly, and costly.

FREE COMMUNITY SESSION PRESENTED BY:

 **Spooner Health System**
715-635-1227

QUALITY in Community
Healthcare™