



# Fall Prevention Seminar

**Wednesday, August 14 • 1 pm – 2 pm • Foundation Wellness**

*ADDRESSING COMMON CAUSES OF FALLS AND HOW TO PREVENT THEM  
IN ORDER TO MAINTAIN A HEALTHY, SAFE LIFESTYLE.*

**Join our therapist, Carly Bernadotte, on August 14 for a free seminar regarding common causes of falls and how to prevent them. Topics discussed will include:**

- ✓ How falls commonly occur in older adults and different things that contribute to falls;
- ✓ Steps you can take in your home to prevent falls from happening;
- ✓ The best exercises to strengthen muscles that help prevent you from falling;
- ✓ Balance exercises you can start doing now to improve your balance;
- ✓ Local community programs and how to stay active;
- ✓ When to see your Physician to consider going to physical therapy for balance and/or strengthening.

## Offered by:

**Brostrom Physical Therapy**



22180 Pontiac Trl., Suite E  
South Lyon, MI 48178

(248) 446-0155

[www.brostrompt.com](http://www.brostrompt.com)



## Hosted by:

**FOUNDATION WELLNESS**

26042 Pontiac Trl.  
South Lyon, MI 48178

(248) 231-6766

[www.foundationwellnesskv.com](http://www.foundationwellnesskv.com)



Please kindly RSVP your attendance by visiting [http://www.foundationwellnesskv.com/](http://www.foundationwellnesskv.com) by **August 12, 2019.**