

Quarterly Falls Prevention Education



BROWN COUNTY FALLS PREVENTION PARTNERSHIP

Feet First- Falls Prevention Talk

In this 1-hour presentation, you will learn about local fall statistics, strategies to reduce your risk of falling, steps to take if you do fall, and the community resources available to support you.

February 18th, 2025

10:00am-11:00am

YMCA-East (Conference Room A)

1740 S. Huron Rd, Green Bay, WI 54311

Register by calling YMCA at 920-436-9622

Or

April 15th, 2025

11:00am-12:00pm

Kroc Center

1315 Lime Kiln Rd Green Bay, WI 54311

Register by calling Kroc Center at 920-884-5007

Walk With Ease

The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Mondays, Wednesdays and Fridays

January 6th-February 10th, 2025 (6-week series)

1:00pm-2:00pm

East Side YMCA

1740 S Huron Rd, Green Bay, WI 54311

Or

Mondays, Wednesdays and Fridays

January 6th-February 10th, 2025 (6-week series)

11:00am-12:00pm

West Side YMCA

601 Cardinal Ln, Green Bay, WI 54313

\$18 per person, YMCA membership required

Register by calling YMCA at 920-436-9622

Bingocize®

This isn't just another health program-it's a vibrant fusion of fitness and health education that seamlessly incorporates the beloved game of bingo!

Join us for our 10-week Bingocize® program, where certified leaders will guide you through gentle exercises twice a week. This program is designed to help you maintain fitness and mobility, reduce falls, and increase your health knowledge

Mondays and Wednesdays

January 6th-March 12th, 2025 (10-week series)

No class January 20th

10:00am-11:00am

De Pere Community Center

600 Grant St., De Pere, WI 54115

Register by calling De Pere Community Center at 920-339-4054 or 920-339-4097

Or

Tuesdays and Thursdays

January 7th-March 13th, 2025 (10-week series)

1:00pm-2:00pm

ADRC of Brown County

300 S. Adams Street, Green Bay, WI 54301

Register by calling ADRC at 920-448-4300

Balance Screenings

In just 15 minutes, a licensed Physical Therapist can screen you for fall risk. This screening is designed for anyone who wants to check their balance, as well as those experiencing loss of balance, weakness, or decreased coordination.

Monday, January 27th, 2025

12:00pm-2:00pm

ADRC of Brown County

300 S. Adams Street, Green Bay, WI 54301

Register by calling ADRC at 920-448-4300