

# 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 6<sup>th</sup>-February 10<sup>th</sup>, 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 6<sup>th</sup>-February 10<sup>th</sup>, 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 6<sup>th</sup>-March 12<sup>th</sup>, 2025 (10-week series)**

**\*No class January 20<sup>th</sup>\***

**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 7<sup>th</sup>-March 13<sup>th</sup>, 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**