

# On Balance, Typical Concerns

in

## Your Circle of Life

In Crowds



Uneven Terrain



Slippery Surfaces



**CORE GOALS:**  
Safety, Comfort  
and Confidence



Daily Activities



Dangerous Weather



The Unexpected



At Work



Elevation Changes

**At home, work and play, an “ounce of prevention” is best every day.**  
*Get back in balance with empathetic care.*