

SURE STEP

Are you at risk for a fall?

If you think you might be at risk for a fall this program could help you.

The **Sure Step Program** was developed by researchers at the University of Wisconsin Madison School of Medicine to help reduce falls in older adults. This program may help you learn how to prevent falls and improve your balance.

A **Sure Step Assessment** would benefit individuals who:

- Are age 65+
- Who have had a fall
- Are worried about their balance
- Would like a comprehensive, in-home assessment to identify potential falls risks

For questions or to set up an appointment call:



(920) 448-4300

TTY: 448-4335

www.adrcofbrowncounty.org

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