



SENIOR EDUCATION

SLIPS AND FALLS PREVENTION PROGRAM



Sally Williamson
Physical Therapist



Kelly Hogen
Physical Therapist Assistant

Fit2Walk Program

Falls are the leading cause of injuries among adults over the age of 55.

The Fit2Walk six-week program is designed to reduce you or your loved one's risk of falling through education and exercise programs.

Fit2Walk includes:

- Personalized land and water based exercise programs designed specifically for seniors.
- Balance and strength assessments.
- Education and resources that include home ergonomics, walker types and getting up after a fall.

Fit2Walk Program

Wednesdays Oct. 3 to Nov. 7

12:30-1:30 p.m.

Wild River Fitness (Weeks 3 and 5 at Osceola Aquatic Center)

\$50/participant

Call 715-294-1927 to pre-register

MyOMC.org



Fit2Walk Program Registration Form | Oct. 3 to Nov. 7

Before starting any exercise program, please consult your healthcare provider. Submit the completed registration form, along with payment to Osceola Medical Center's Rehab Department at P.O. Box 218, Osceola, WI 54020.

Participant's Name

Date of Birth

Cardholder's Name

Phone

Cardholder's Address (Street, City, Zip Code)

Credit Card No.

VISA AMEX MasterCard
Type (Circle One)

Exp. Date

Security Code

Wondering if this program is right for you? Contact our Rehabilitation Department to discuss at 715-294-2111.