

PREVENTING FALLS ~ MAKE TIME FOR BALANCE

The Sussex County
Department of Human Services
Presents
Fall Prevention Awareness Week

at The Balance Center
at the Sussex County Homestead



The Balance Center at the Sussex County Homestead is kicking off New Jersey's Fall Prevention Awareness Week by inviting you to "Make Time for Balance."

- Lunch Buffet
- Free Balance Screening at Our State of the Art Balance Center and Outpatient Rehabilitation Facility
- Door Prizes and Giveaways
- Informative Presentations to include:
 - Michael R. Ganon, D.O.
Medical Director of The Balance Center
Discusses fall prevention and wellness
 - Mary Brady, M.D.
Explores the benefits of a comprehensive exercise program
 - Marie Margiotti, M.D.
Presents healthy joints and their safety
 - Jan Chicka, MS, OTR/L
Discusses staying safe at home
 - Judy Collins Kiddoo, RYT, Chair and Senior Yoga Certified
Demonstrates chair yoga

Date: September 20, 2010
Time: 12:00 p.m. - 3:00 p.m.

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Join us at The Balance Center
located on the picturesque
Sussex County Homestead Campus

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Although this is a FREE event,
please RSVP by calling:
Sarah Balzano, RN, Nurse Liaison
973-948-5400 ext. 3118



Sponsored by the Sussex County
Homestead

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Additional thanks to:
Chem RX
Atlantic Private Care Services
Enduracare Therapy Mgt.