

Free Balance Screenings During March

Conway Lakes Health & Rehabilitation Center is helping to prevent falls among older adults, which is the leading cause of injury deaths and nonfatal injuries for persons aged 65 and older. Danny Clark, director of rehab, reports that they are offering free balance screenings throughout the month of March to all seniors in the area.

"We are using new technology with our computerized Biosway balance device," states Clark. He reports that it only takes two minutes standing on a



Biosway platform to determine balance and stability. The system provides a clinical printed report that can be given to physicians. The personalized report will enable a licensed therapist to implement a wide variety of balance-related exercises to reduce fall risks.

"This new system can show a patient's progression and teach better balance strategies via a bio-feedback screen," said Clark. He reports that one in three adults age 65 and older fall each year and many times it is the leading cause of losing independence. The Centers for Disease Control and Prevention note that hip fractures are the most prevalent type of fall-related fracture and that the average hospitalization cost was \$18,000. "Falls are serious injuries and we have taken a community stance to reduce the risks of falls by offering a free therapeutic computerized screening," says Clark.

Conway Lakes Health and Rehabilitation Center offers comprehensive outpatient and inpatient therapy services for short or long term care and is located at 5201 Curry Ford Rd., Orlando, Florida, 32812. Call to schedule your free computerized balance screen at 407-384-8838. For more information, or to take a tour of the facility, please contact Administrator, Matt File.

Put Pain in Its Place! How to Get Osteoarthritis Pain under Control

The National Council on Aging and the Arthritis Foundation will host this one-day training session for workshop participants on a new health education "presentation in the box" .

You're Invited, March 23, 2012, 9:00 am – 3:00 pm. Marks Street Senior Recreation Complex, 99 East Mark Street, Orlando, FL 32803.

RSVP by March 16 to Christine.harding@ncoa.org or call 202-479-6605.

Counsel for Caregivers Seminar Series

held at the Orlando Public Library, Third Floor, Albertson Room, 101 E. Central Blvd, Orlando, FL 32801 to be held on Thursday, March 15th at 12:10 p.m. The topic being presented is "Questions to ask when selecting a long term care facility." Please RSVP to officeonaging@ocfl.net or 407.836.7446.

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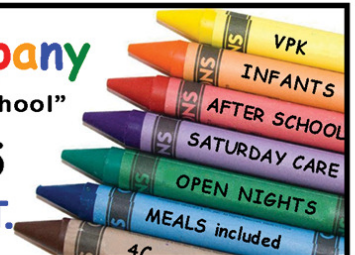


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