



Don't You Fall For It!


If You **Fall**, Call 911. If You Want To **Prevent A Fall**, Call Us.

DID YOU KNOW...

 20% of people who fracture a hip die within a year. Up to 75% never get back to normal. Once you fall there is a good chance you will not be able to live independently again — that is, if you survive.

 More than 95% of hip fractures among adults aged 65 and older are caused by falls, which could lead to premature death.

 30% to 40% of falls are preventable.

 As we get older, walking is not as automatic anymore; we have to be more conscious about it. Many seniors do not admit to having balance problems, so it is up to their family and friends to encourage preventative care.



"Our goal is to help seniors stay on their feet."

- Balance Testing
- Balance Training
- Physical Therapy
- Strengthening
- Bone Density Testing
- Exercise & Rehab

**CALL NOW TO SCHEDULE
A CONSULTATION & SAME-
DAY BALANCE TESTING.**

**Don't wait until
it is too late.**



MOST INSURANCE PLANS ACCEPTED & BILLED DIRECTLY INCLUDING MEDICARE.

Bergen County Fall Prevention & Balance Training Center at MedWell, LLC

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Research Sources: American Academy of Orthopedic Surgeons, Center for Disease Control