



FREE Fall Risk Assessment

AUG 28TH 2-4PM

Did you know?

Falls are the **leading cause of injury and injury death** among adults aged 65 and older

**THESE VISITS LAST 20 MINUTES AND INVOLVE
TAKING A SHORT SURVEY AND COMPLETING
FITNESS ASSESSMENTS.**

Older adult falls result in more than
\$50 billion in medical costs every
year. Medicare and Medicaid shoulder
75% of these costs.



**MORE THAN 1 IN 4 OLDER
ADULTS FALL EACH YEAR
LEADING TO**

36,000 deaths

**3M emergency
department
visits**

1M hospital stays

TO SIGN UP:

Reserve a time by emailing
walkwithease@iastate.edu or calling
515-290-9934

MORE INFO:

Please join us at Research Park Building
#6 (2325 N Loop Dr Ames IA) from 2-4pm.
Please email your name and phone # to
get signed up!