



# BALANCE SCREENING

**Time:** 10:00 a.m. - 12:00 p.m.

**Date:** Tuesday, September 12, 2019

Sponsored by:



Balance plays an important role in preventing seniors from falling. Staff from Regal Medical Group will be at the Center to provide seniors with a free balance screening. The individual results of the screening will be discussed with each senior, and if needed a plan of how they can improve their balance will be presented to them.



SCREENINGS/SERVICES FOR THOSE 50 YEARS OF AGE AND OLDER  
Norwalk Senior Center 14040 San Antonio Dr., Norwalk, CA 90650