

**Attention Older Adults:**

# Got Balance?



- Do you notice your balance has deteriorated with age?
- Do you feel unsteady or unsure of yourself while performing your normal day-to-day activities?
- Have you fallen or do you have a fear of falling?

If you have answered **yes** to one or more of these questions, you may be interested in a free balance screen offered by Good Samaritan's Rehabilitation Department. The screening will to identify any risk factors and/or physical limitations that may increase your chances of falling. The results can help determine your options to improve balance and reduce your risk of falling. Don't hesitate, call today for your appointment.

## **Free Balance Screenings**

*Performed by licensed Physical Therapists*

For further information or to make an appointment, please call (631) 376-4109.



**Good Samaritan Hospital  
Medical Center**

**Catholic Health Services**

At the heart of health