Age Well Series

Stay Steady, Stay Connected:

How Social Connection Supports Mobility as We Age

Social connection plays an important role in helping us stay healthy, active, and resilient. Join us to explore the link between social isolation, loneliness, and falls risk. We'll discuss how a fear of falling can lead to reduced activity, increased isolation, and decreased physical function, as well as ways to overcome the stigma that can prevent people from seeking support.

Participants will learn how meaningful relationships, community engagement, volunteering, and group activities can support physical and emotional well-being, boost confidence and mobility, and help build resilience against falls.

September 24

11 a.m. - 12 p.m.

Presenter: Debby Berenz, Curative Therapy Services

Register Here

Falls Free® Wisconsin

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