

FREE FALL RISK ASSESSMENT



Grace Fitness

DID YOU KNOW?

Falls are the leading cause of injury and death among adults age 65 and older. Let us help you!



WHAT IS IT?

These assessments are around 15 minutes long and consist of a short survey and physical assessments.

September 24, 2024

11:45am-1:45pm

**4801 Franklin #120 | DSM, IA
50310**

Horizon Science Academy Entrance

MAKE AN APPOINTMENT TODAY

(515) 661-3435 

www.walkwitheaseisu.org 

info@gracefitnessdsm.org 