

# Be Healthy and Stay Active!

What you need to know about common adult injuries, falls, and staying injury free



Presented by Joshua Neubauer, MD, *Orthopedic Surgeon*  
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For older Americans, falls are the leading cause of injuries – especially hip and shoulder injuries. As part of our community awareness initiatives, and specifically for Falls Prevention Awareness Day, Dr. Joshua Neubauer will discuss falls, fall prevention, and treatment options for common injuries. Many everyday situations present risk factors for a fall – everything from daily medications to the clothes and shoes we wear can contribute to falls. Dr. Neubauer will review these factors as well as discuss things everyone can do to minimize their own risk. The treatment of common injuries and athletic injuries seen in active adults will also be addressed.

## Join us!

Thursday, September 22, 2016  
6:30 – 8 pm

Franklin Public Library  
9151 W. Loomis Road  
Franklin, WI 53132

To register, call the Franklin Health  
Department at (414) 425-9101.



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