

# Rx Your Prescription for Health:

## Knowledge and Exercise

UPMC | CENTERS FOR  
REHAB SERVICES

**FREE Interactive  
Wellness Series**

### January

#### Falls in Older Adults: Balance Screening and Fall Prevention

Friday, January 25, 2019  
4 - 6 p.m.

Falling is not a normal part of the aging process and there are many steps you can take to prevent falls. We want to help you stay safe and maintain your independence for as long as possible.

**Join us for an interactive event to:**

- Discuss factors that contribute to falls
- Participate in individual balance screenings to assess your risk of falling
- Learn strategies that can help reduce your risk of falling

### April

#### Joint Pain: Osteoarthritis and Total Joint Replacements

Friday, April 26, 2019  
4 - 6 p.m.

Do you have pain in your lower extremities? Have you thought about a joint replacement?

**Join us for an interactive event to:**

- Discuss causes of joint pain and preventative strategies
- Participate in an exercise session to help strengthen your legs and reduce pain
- Learn about what to expect following a joint replacement

### February

#### Age-Related Cognitive Changes: What is Normal, When to be Concerned, and How to Keep Your Brain Healthy

Friday, February 22, 2019  
4 - 6 p.m.

As we get older, changes occur in all parts of the body, including the brain. Research shows that a healthy lifestyle and specialized interventions can sharpen cognitive processes.

**Join us for an interactive event to:**

- Discuss how cognitive processes can change over time
- Learn about medical factors that can contribute to cognitive changes
- Practice activities and strategies to help you stay sharp as you age

### May

#### Exercise as Medicine in Type 2 Diabetes

Friday, May 31, 2019  
4 - 6 p.m.

Did you know that diabetes can affect your entire body, including the nerves in your feet? Being aware of sensation changes in your feet is important in preventing falls and improving your mobility. There are steps you can take to prevent or manage the effects of diabetes, including managing your blood sugar through exercise.

**Join us for an interactive event to:**

- Participate in a sensation screening of your lower extremities
- Participate in a simple exercise routine
- Learn valuable lifestyle changes to help you prevent or manage diabetes

### March

#### Reduce Your Stroke Risk Through Exercise

Friday, March 29, 2019  
4 - 6 p.m.

Did you know that someone in the U.S. has a stroke every 40 seconds? Up to 80% of strokes can be prevented by controlling risk factors such as high blood pressure. There are many things you can do to reduce your risk of having a stroke or to help prevent another stroke.

**Join us for an interactive event to:**

- Participate in blood pressure screenings
- Try out a simple exercise routine
- Learn how to reduce your risk of stroke

To RSVP, please  
call **412-269-7062**.  
Space is limited.

**UPMC Centers for Rehab Services**

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