



GRAY MATTERS

Balance, Fall Prevention & Brain Health

Brittany Denis PT, DPT, RES-CPT

Join Brittany Denis, DPT as she discusses the connection between balance, fall risk, and brain health. She will surprise you with what defines a fall, and will share her expertise about what your balance can tell you about your brain health. Included in the presentation is a discussion of how you can tap into your mobility to improve your brain health, an overview of various fall risk factors along with the latest research on the connection between fall risk and brain health. You will also learn simple action steps you can take at home to prevent falls, improve balance and balance confidence, and stimulate better brain health in the process.

When: January 27, 2021
1:00pm-2:30pm

Where: ZOOM

****Register in advance for this meeting at:**

<https://zoom.us/meeting/register/tJYrduurpjssHtJOUSJt94a2sFAf4VasESRB>

After registering, you will receive an email with a link to join the meeting.

About the Presenter: Brittany Denis, PT, DPT, RES-CPT is a physical therapist, movement coach, and educator who empowers clients through the aging process through mindful movement. She is passionate about aging well and inspires all adults to bring a growth mindset to aging in her movement studio and through her writing and online programs.

To enroll, contact MindU@jfsdetroit.org or 248-788-MIND.

