




Chronic Conditions and Falls Risk: **Arthritis**

Learn the link between arthritis and falls, and which falls prevention program is right for you.

Types of Arthritis		<ul style="list-style-type: none">• Osteoarthritis• Rheumatoid Arthritis• Fibromyalgia• Lupus• Gout
Falls Risk Factors		<ul style="list-style-type: none">• Joint pain• Stiff joints• Limited lower body mobility• Fatigue
Solutions		<ul style="list-style-type: none">• Strengthen muscles to support joints• Be active to improve balance, mobility, and flexibility
Falls Prevention Program Options		
Contact Information		