

Balance Basics: Understanding Your Balance System & Reducing Your Risk of Falls



Join Dr. Katie Wadland, PT, DPT, Board-Certified Geriatric Clinical Specialist and owner of Healthy Aging Physical Therapy, for a presentation that goes beyond basic fall prevention. You'll learn how your balance system actually works—including the roles of your vision, inner ear, muscles, joints, and brain—and why changes in these systems affect stability.

Through practical education, you'll understand your balance, recognize why people lose stability as they age, and leave with actionable techniques to improve confidence, reduce fall risk, and stay active safely. Whether you feel unsteady or want to be proactive, this session provides insights to help you move with greater confidence.

**Wednesday, September 23
4:30 to 5:30 PM**

**ZOOM Meeting
Lead by Katie Wadland**

**[Register here](#)
by September 23**



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