

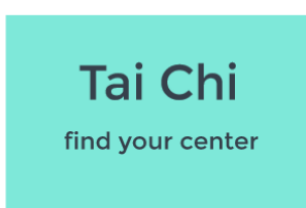
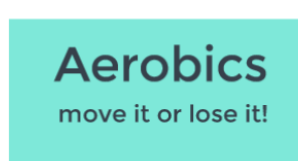


# Talking with your doctor about balance concerns

## 1. Ask for Resources



## 2. Exercise- what is best for me?



## 3. Medicare Annual Wellness Visit



- Schedule an appointment. It's free with Medicare Part B.
- Update your medications list.
- Set your yearly healthy aging goals!