



Focus on Wellness with Health Forward

LIFE ElderCare's Health Forward program provides free in-home health & wellness interventions.

We can help reduce your risk of injury, improve strength and balance, and ensure that your home is safe as you age.

Services include:

- fall risk assessment
- medication review
- home safety assessment
- minor home modifications
- gentle exercise
- care coordination / referrals
- education, resources & more

If you are age 60+ and live in Alameda County, you are eligible to participate.

To enroll, please call **510-894-0370** or email **info@LifeElderCare.org**

Donations are optional but gladly accepted.

Funded in part by: **Alameda County AAA, Measure A & the CA Dignity at Home Act**





HEALTH FORWARD

510-894-0370