

McDowell County Screening Event Schedule

Friday, October 2 10:30 am – 2 pm	McDowell Senior Center in Marion
Friday, October 9 10:00 am – 2 pm	McDowell Senior Center in Marion
Friday, October 16 10:00 am – 2 pm	A.C. "Bud" Hogan Community Center in Old Fort
Friday, October 30 10:00 am – 2 pm	Dysartsville Fire Department
Friday, November 6 10:00 am – 2 pm	McDowell Senior Center in Marion
Friday, November 13 10:00 am – 2 pm	A.C. "Bud" Hogan Community Center in Old Fort
Friday, November 20 10:00 am – 2 pm	Dysartsville Fire Department

To sign up, stop by the site or call:
(828)652-8953 for Marion
(828)668-4867 for Old Fort
(828)659-3692 for Dysartsville

When participating in CHAMP screening events:

- Wear comfortable clothing and shoes
- Bring your medications
- Bring your physician's name, mailing address, and phone number



If you have any questions or would like more information regarding CHAMP, contact

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Therapy**

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CHAMP

*Community
Health and
Mobility
Partnership*

What is CHAMP?

The Community Health and Mobility Partnership (CHAMP) is designed to improve balance and mobility and prevent falls in older adults and people with disabilities.

Health care teams, including nursing and physical therapy faculty and students and Emergency Medical Services personnel, conduct in-depth screenings and provide advice and individualized recommendations for exercise and other interventions.

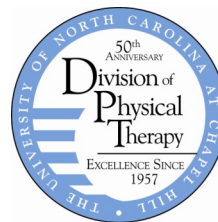
CHAMP participants are referred to other healthcare providers in their local communities as appropriate.



Who should participate?

Anyone who:

- Has concerns about balance
- Has had one or more falls
- Wants to improve strength or mobility
- Needs advice about assistive devices, such as walkers and canes
- Wants to identify and reduce individual risk factors for falls
- Needs instruction in specific home exercises to help maintain fitness



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL

CHAMP is funded by:



THE BAXTER INTERNATIONAL
FOUNDATION



McDowell County Government

CHAMP Partners

- *Appalachian State University*
-School of Nursing
- *Caldwell Community College & Technical Institute*
- *Elon University*
-Dept. of Physical Therapy Education
- *McDowell County Dept. of Social Services*
- *McDowell County Emergency Medical Services*
- *McDowell Hospital*
- *McDowell Senior Center*
- *McDowell Technical Community College*
- *University of North Carolina-Chapel Hill*
- Division of Physical Therapy
- School of Nursing
- *Western Carolina University*
-Dept. of Physical Therapy

