

### Bending is difficult, but I need help with balance. What might work?



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#### AN ANSWER FROM A RESIDENT

### "My standing walker has been a Godsend to my sore back. No more stooping. It also has a seat for when I need to rest.

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## This is simular to the model I use:

ELENKER UPRIGHT WALKER, STAND UP FOLDING ROLLATOR WALKER WITH 10" FRONT WHEELS BACKREST SEAT AND PADDED ARMRESTS



### I bought mine on Amazon for a great deal! I've had it 2 years with no issues."

- Tina, independent living resident



# Do you have a question?

Maybe a Grace Village resident or staff member can help.

### MESSAGE US!



### DISCLAIMER

Please consult a physician before making any changes. Senior Forum contains resident & staff opinions. The advice posted is not a form of endorsement by Grace Village.