

# Falls Prevention

## Tuesday, September 11



**Falls Free<sup>®</sup>**

*National Council on Aging*

**“Take a Stand to Prevent Falls”**

Every September on the first day of Fall, the Falls Free Initiative promotes

*National Falls Prevention Awareness Day.*

Elmwood Hall is pleased to take part in this effort to address the growing public health issue of falls, fall -related injuries and deaths.

**Please join us at 1:00 pm  
on Tuesday, September 11**

as Physical Therapists from Ridgefield VNA will be here doing balance testing and offering tips to help keep us up on our feet!

**Sign up at the Front Desk!**