

Fall Prevention

Tuesday, September 24

at

1:00 pm

Fall Prevention is a hot topic as nobody wants to fall and injure themselves.

3 million older adults are treated annually in the emergency departments as a result of falls.

During this educational session, you will learn what YOU can do to prevent falls.

Discussion will be held on components of balance, risk factors for falls, and how therapy services can help you with assessment of balance and reducing current risk.

Come and learn how to enhance your balance and stay on your feet!

Presented by Dr. Jennifer Kolwicz,
Director of Rehab at Candlewood Valley Health & Rehab Center