



## **FALL PREVENTION AWARENESS WEEK**

**September 20 - 27, 2009**

### **Events in Our Area**

- Monday (9/21)** Walk to kick-off Fall Prevention Awareness Week  
Elk Grove Senior Center (8830 Sharkey Ave.), 9:30 a.m.
- Tuesday (9/22)** Learn about managing medications, and balance & exercise  
Medications: Franklin Library (10055 Franklin High Rd., Elk Grove), 11:00 a.m.  
Balance & Exercise: Colonial Heights Library (4799 Stockton Blvd., Sacto.), 2:00 p.m.  
**Sacramento County Board of Supervisors Proclamation**  
Supervisor's Chambers (700 H Street, room 1450, Sacto.), 9:45 a.m.
- Wednesday** Learn about good nutrition and safe environments  
Sam Pannell Meadowview lunch site (2450 Meadowview Rd. Sacto.), 11:45 a.m.  
(Those age 60+ always welcome to eat for free)  
Safe Environments, Arden-Dimick Library (891 Watt Avenue, Sacto.), 2:00 p.m.
- Thursday (9/24)** Drop by the Eskaton Demonstration Home in Roseville  
Open House and presentations (10001 Diamond Creek Blvd.), 9:00 – 12:00 Noon  
Learn about good nutrition and managing medications  
Sutter Terrace lunch site (5267 Fiddymnt Rd., Roseville), 11:45 a.m.  
(Those age 60+ always welcome to eat for free)  
Learn about safe environments  
Sacramento County Central Library (828 I Street, Sacto.), 12:00 Noon
- Friday (9/25)** Walk once more to wrap-up the week's activities  
Eskaton Lodge Gold River (11390 Coloma Rd., Gold River), 10:00 a.m.  
Learn about balance & exercise  
Galt Library (1000 Caroline Avenue, Galt), 10:00 a.m.

*For more information, go to [www.a4aa.com](http://www.a4aa.com) or call Area 4 Agency on Aging at (916) 486-1876*