

2nd Annual Fall Prevention Community Event

Falling down at home is one of the greatest threats to older people's ability to live independently. For frail elders, a hard fall can easily result in broken bones from which many people never fully recover. For some, a fall may lead to a long, sometimes permanent stay in a nursing home. This is devastating for families in every sense (physically, emotionally and economically) and it is far too common.

Thankfully, falling is NOT an inevitable part of getting older. In fact, as many as 50% of all falls in the home can be prevented according to one study! The goal of this event is to share proven prevention methods with you by providing:

- Presentations on balance, home modifications and nutrition;
- Lots of resource tables and hands-on demonstrations;
- Free vision screening, balance testing, prescription reviews, and more!

If you are worried about falling down at home (or if you worry about an elder family member having a bad fall) we encourage you to join us on September 24th. Come see how many things you can do to stay healthy and safe.

SATURDAY, SEPTEMBER 24, 2011

9:00 a.m. ~ 3:30 p.m.

**Samuel C. Pannell Meadowview Community Center
2450 Meadowview Road, Sacramento, CA**

Sign up today! Call Area 4 Agency on Aging at (916) 486-1876. Space is limited. Advance registration is required. This FREE event sponsored by:

