

FALL PREVENTION AWARENESS MONTH 2026



Join the San Diego Fall Prevention Task Force for educational events focused on preventing falls among older adults. Learn proven strategies to lower your risk and stay safe!

Friday 9/11

Alzheimer's San Diego Skills Clinic: Balance & Fall Prevention | 10am – 11:30am
SRCA Community Center, 11885 Cypress Canyon Rd, San Diego 92131

Sunday 9/20

Palomar Fall Prevention Resource Fair | 10am – 1pm
Palomar Health, 2185 Citracado Pkwy, Escondido 92029

Monday 9/21

UCSD Fall Prevention Event | 10am – 1pm
Kimball Senior Center, 1221 D Ave, Ste 101, National City 91950

Tuesday
9/22

Strong Steps Fall Prevention Event | 9am – 12pm
Indian Health Council, 50100 Golsh Rd, Valley Center 92082
Saving Claire Film Screening & Panel Discussion | 10am – 12pm
Grossmont Healthcare District, 9001 Wakarusa St, La Mesa 91942
ElderHelp Webinar | 12pm – 1pm
Virtual

Wednesday
9/23

Fall Prevention Presentation | 10:15am – 11am
Park Avenue Community Center, 210 Park Ave, Escondido 92025
Fall Prevention Presentation | 1:30pm – 2:15pm
La Mesa Parkinson's Support Group, 5940 Kelton Ave, La Mesa 91942

Thursday
9/24

Sharp Fall Prevention Event | 9am – 12pm
Grossmont Healthcare District, 9001 Wakarusa St, La Mesa 91942
Understanding Vision and Fall Prevention Webinar | 2pm – 2:30pm
Virtual

Friday 9/25

Scripps Encinitas Fall Prevention Webinar | 1pm – 2pm
Virtual
Fall Prevention Presentation | 1pm – 2pm
Mottino Family YMCA, 4701 Mesa Dr, Oceanside 92065

Monday 9/28

Alzheimer's San Diego Safety at Home Workshop | 1pm – 2:30pm
San Diego Oasis at Rancho Bernardo, 17170 Bernardo Ctr Dr, San Diego 92128

Wednesday
9/30

Fall Prevention Presentation & Screenings | 1:30pm – 3:30pm
Fallbrook Regional Health District, 1636 E Mission Rd, Fallbrook 92028



For more information,
please visit www.SanDiegoFallPrevention.org